



WELLNESS

Navigating Overwhelm: Why Your Nervous System Holds the Key

Understanding how your body stores stress and what somatic approaches can do to support regulation.

If you have ever felt like you are doing everything right — the meditation, the exercise, the journaling, the therapy — and still feel overwhelmed, you are not failing. You may simply be addressing the mind without addressing the body. And for many people, the body is where the real conversation is happening.

“Overwhelm is not a character flaw. It is your nervous system telling you it has reached its current capacity. The question is not how to push through it, but how to expand that capacity.”

How Stress Lives in the Body

Your nervous system processes every experience you have ever had. When a stress response is activated but not completed — when the body does not get to run, fight, or shake it off — that incomplete cycle gets stored. Over time, these stored patterns create a baseline of tension, hypervigilance, or emotional reactivity that operates beneath conscious awareness.

This is not a theory. It is well-documented in somatic psychology, polyvagal theory, and trauma research. The body keeps a running total of every unfinished stress response. And it expresses that total through symptoms: chronic tension, digestive issues, difficulty sleeping, emotional flooding, and the persistent feeling that something is “off” even when life looks fine on paper.

Why Thinking Your Way Out Does Not Work

Talk therapy is valuable. Cognitive reframing is valuable. But some patterns live below the level of conscious thought. They live in the way your jaw clenches during a meeting, in the shallow breath you take before checking your phone, in the tension your shoulders hold by default. These are not thoughts. They are physiological states. And they require physiological approaches to shift.

This is where somatic work comes in. Modalities like Spinal Energetics, breathwork, and body-based coaching work directly with the nervous system — not by analyzing it, but by creating the conditions for it to release what it has been holding. Your body already knows how to do this. It just needs space and safety.

What Nervous System Regulation Actually Looks Like

Regulation does not mean feeling calm all the time. It means your system can move through states — activation, rest, emotion, stillness — without getting stuck. A regulated nervous system can:

- Feel a strong emotion without being overtaken by it
- Return to calm after a stressful event (rather than staying activated for hours or days)
- Be present in your body without needing to escape, numb, or distract
- Set boundaries without shame or collapse
- Sleep deeply and wake rested
- Respond to life rather than react to it

This is not about perfection. It is about expanding your window of tolerance — the range of experience your system can process without shutting down or spiraling.

Somatic Approaches at Blue Wave Energetics

Tommy works with several modalities that address the nervous system directly:

Spinal Energetics

A body-led modality that works with your spinal system and nervous system to resolve protective patterns, complete unfinished stress cycles, and support regulation. Sessions follow an 8-step protocol that begins with breath and builds gently toward expression and release.

Coaching with Somatic Awareness

Tommy's coaching approach is not purely cognitive. With 15+ years of teaching experience and 100+ hours of coaching training, he integrates breathwork and body awareness into every conversation. When overwhelm surfaces during a session, you do not just talk about it — you learn to notice it in your body and work with it directly.

Integrated Breathwork and Reiki

Both breathwork and traditional Usui Reiki are woven into Spinal Energetics and coaching sessions. Breathwork provides an immediate, accessible tool for regulation. Reiki promotes deep relaxation and opens the energy field. Together, they create a foundation of safety and presence that supports deeper somatic work.

Where to Start

If overwhelm is your primary experience right now, begin with what is accessible. A single Spinal Energetics session can show you what your body has been holding. A coaching session can help you understand the patterns from a grounded, practical perspective. Either way, the first step is the same: come as you are. Your nervous system has been doing its best to protect you. Now it may be ready for something new.

Ready to experience it for yourself?

Book a session at bluewaveenergetics.ca/book

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