

SOL METHOD · YOUR NERVOUS SYSTEM BASELINE · FREEBIE GUIDE

Your Nervous System Baseline

What it is. Where yours is set. How to shift it.

A Sol Method guide to understanding your nervous system baseline — the point you operate from — and beginning the work of shifting it from survival to capacity.

How to use this guide: Read through each section in order. Some sections include recognition prompts — tick what resonates. There are no right or wrong answers. This is not a test. It is a map. The more honestly you engage, the more useful the picture that emerges.

This guide works alongside the free 7-minute Nervous System Baseline Reset practice. Do the practice first, then read. The practice gives you a felt reference point. The guide gives it language.

SECTION 1

What is a nervous system baseline?

The place you operate from — not when you're stressed, but when things are fine

Your nervous system baseline is the level of activation your body returns to at rest. Not the height it reaches during a stressful moment — the level it settles at when the moment has passed and things are, technically, okay.

Think of it as your resting state. Your default. The internal environment you're living inside all day, every day, whether you're aware of it or not.

A well-regulated baseline feels like ease. Thoughts move without urgency. Breath lands fully in the body. You can rest when there's space to rest. You can respond to difficulty without being swept away by it. Your body feels like somewhere you can actually be.

A baseline set too high feels different. Not necessarily crisis — just slightly braced. Slightly on. A jaw that never quite lets go. A breath that never quite lands in the belly. A tiredness that sleep doesn't fix. A background hum of readiness that never fully switches off.

Most people have spent long enough in a high baseline state that it has started to feel normal. The body stops registering it as stress — it just becomes the water you swim in.

Your baseline is not fixed. It can shift. This guide — and the practice that comes with it — is where that work begins.

SECTION 2

Recognise your pattern

The three most common nervous system states right now

Stress doesn't always look the same. For some people it shows up as constant activation — the body that can't settle, the mind that won't stop. For others it's the opposite — a flatness, a going-through-the-motions that doesn't feel like stress but is. And for many people, it's both — cycling between the two with no real rest in between.

These are different patterns — but they share the same root. A nervous system that has been carrying more than it can process, without the conditions to complete the cycle and return to ease.

Read the three patterns below. Tick everything that resonates — you may identify with more than one.

Running Hot	Running Flat	Running Ragged
<ul style="list-style-type: none">— Mind won't switch off— Body feels braced— Anxious at rest— Can't slow down— Exhausted but wired— Rest feels unearned	<ul style="list-style-type: none">— Going through the motions— Disconnected or numb— Joy feels far away— Low motivation— Present but absent— Hard to feel much	<ul style="list-style-type: none">— Cycling between both— Wired then crashing— No real rest in between— Too much then nothing— Unpredictable energy— Always catching up

Running Hot — sympathetic dominance

Your nervous system is running in a state of sustained activation. The stress response is firing — or staying fired — even when there is no immediate threat. The body is braced for something. The mind is scanning. The exhale is hard to find.

Tick any that apply:

- | | |
|--|--|
| <input type="checkbox"/> Anxiety sits just below the surface | <input type="checkbox"/> You feel like you're always slightly behind |
| <input type="checkbox"/> Lying down doesn't mean resting | <input type="checkbox"/> You finish one thing and immediately move to the next |
| <input type="checkbox"/> Relaxation feels like a luxury | <input type="checkbox"/> Your jaw, neck, or shoulders carry chronic tension |
| <input type="checkbox"/> You find it hard to switch off at night | <input type="checkbox"/> Rest feels like something you need to earn |

Running Flat — dorsal vagal shutdown

Your nervous system has moved into a protective shutdown state. Rather than activating to meet stress, it has gone offline — dampening sensation, emotion, and engagement as a way of managing what it can no longer hold. This can look like depression, numbness, or simply feeling like you're not quite present.

Tick any that apply:

- | | |
|---|---|
| <input type="checkbox"/> You go through the motions but feel absent | <input type="checkbox"/> Pleasure feels muted or out of reach |
| <input type="checkbox"/> You feel disconnected from your body | <input type="checkbox"/> Joy takes effort to access |
| <input type="checkbox"/> You know you should feel more — but don't | <input type="checkbox"/> Connection with others feels effortful |
| <input type="checkbox"/> You feel flat even after rest | <input type="checkbox"/> Motivation is low without a clear reason |

Running Ragged — cycling between both

Your nervous system is cycling between activation and shutdown — wired then flat, too much then nothing, crashing hard and waking unrefreshed. This is the most common pattern for people under sustained modern stress. The body doesn't know whether to speed up or shut down, so it does both.

Tick any that apply:

- | | |
|---|--|
| <input type="checkbox"/> You crash hard but don't feel restored | <input type="checkbox"/> Some days too much feeling, some days none |
| <input type="checkbox"/> You cycle between anxious and numb | <input type="checkbox"/> Energy is unpredictable — high then suddenly gone |
| <input type="checkbox"/> You're always catching up, never ahead | <input type="checkbox"/> You push through and pay for it later |
| <input type="checkbox"/> Sleep doesn't fix the tiredness | <input type="checkbox"/> Rest never quite lands — you go from on to flat |

Note: identifying with more than one pattern is very common — and entirely normal. These aren't fixed types. They're nervous system states, and they shift. Understanding yours is the first step toward changing it.

SECTION 3

Why your baseline is probably higher than it should be

The incomplete stress cycle — and what it costs you

Your nervous system was designed to move fluidly between states — activation when there's a threat, discharge when it passes, return to baseline. The stress response fires, the body mobilises, the threat resolves, the system completes the cycle and rests.

That's the natural arc. And it works — when stressors are acute and occasional.

But modern life doesn't work like that. The stressors are chronic, overlapping, and rarely fully resolved. The inbox is never empty. The financial pressure doesn't have a clear endpoint. The responsibilities don't pause.

And so the stress cycle doesn't complete. The activation fires but never fully discharges. The body holds onto the residue — in the muscles, the breath, the jaw, the posture. Over time, that residue raises the baseline. The nervous system learns to live at a higher level of activation because it's never been given the conditions to fully return to rest.

This is not a character flaw. It's not a diagnosis. It's what happens to a nervous system that has been carrying more than it can process, for longer than it should have to, without the tools to complete the cycle.

Signs your stress cycle may be incomplete:

- Tension that lives in your body even on quiet days
- Tiredness that sleep doesn't fully resolve
- A feeling of always being slightly behind
- Difficulty fully relaxing even when you try
- Emotions that feel stuck or out of proportion
- A body that feels hard to inhabit

The shaking practice in your 7-minute reset is one of the most direct ways to help the body complete what stress started. Animals in nature shake after a threat — it's how they discharge activation. The practice is giving your nervous system the same opportunity.

SECTION 4

Regulation vs training

Why what you've been doing hasn't been enough — and what is

This is the distinction that most wellness approaches don't make. And it's the most important thing in this guide.

Regulation tools work in the moment.

A breathing exercise brings you down when you're activated. A cold shower resets your state. A meditation practice creates a window of calm. These are valuable. But they work on the surface of the nervous system — on the current moment of activation. They don't change where your system keeps returning to.

If your baseline is set to seven out of ten, a regulation tool might bring you down to a four in the moment. But when the practice ends, the system returns to seven. Because seven is where the body has learned to live.

Nervous system training changes the baseline itself.

Training works at the level of the pattern — not the moment. Through consistent, specific somatic practice, the body learns to complete stress cycles rather than hold them. It learns to discharge activation rather than accumulate it. It learns, slowly and through repetition, that it's safe to settle lower.

This is slower work. It isn't dramatic. You won't feel it in one session the way you might feel a cold shower. But it compounds. And the shift, when it comes, is different in kind — not just a moment of calm, but a body that genuinely rests differently. Responds differently. Holds life differently.

"The 7-minute practice you just did is the beginning of training — not regulation. The difference is in what you're asking your body to do: not just calm down in the moment, but learn to live differently over time."

SECTION 5

What shifts your baseline

The inputs that make the training land

The 7-minute practice is the foundation. But a baseline shifts most effectively when the daily conditions around the practice are also supporting the nervous system. These aren't things to add to an overloaded system — they're things that reduce the load, so the training can actually land.

Daily somatic practice — consistency over intensity

Seven minutes every day compounds. Missing sessions and doing longer ones occasionally does not. The nervous system changes through repetition, not effort. Come back to the practice daily — ideally at the same time, so it becomes a consistent signal rather than an occasional intervention.

Completing the stress cycle

Shaking, movement, and breathwork help the body finish what stress starts. So does crying, laughing, physical exertion, and creative expression. These aren't indulgences — they're biological necessities. Build at least one cycle-completing practice into your day.

Releasing urgency

Urgency is a nervous system state — not a truth. The feeling that everything needs to happen now keeps the system in activation even between stressful events. Notice it in your body before trying to change it. The extended exhale — longer out than in — is your fastest tool for interrupting it in real time.

Rest that is chosen, not collapsed into

Rest that happens because your body finally forces a stop is not the same as rest that is deliberately built into your day. Genuine rest — without input, without agenda — is when the nervous system consolidates what it's learned. It is not a reward. It is part of the training.

Supporting your physiology

Morning hydration, morning light, blood sugar stability, magnesium, sleep hygiene, and time in nature all directly support the nervous system's capacity to regulate and shift. None of these replace the practice. But together they create the conditions in which the practice can do its deepest work.

The Nervous System Lifestyle Guide — included in the full Nervous System Baseline course — covers eight evidence-based pillars for building the daily conditions that support baseline training.

SECTION 6

Your reflection

Taking stock of where you are — and where you want to go

The patterns you've identified, the sections that landed, the things you ticked — together they give you a picture of where your nervous system baseline is right now. Use the prompts below to put that into words.

Which pattern resonated most — Running Hot, Running Flat, or Running Ragged? What does it feel like in your body?

Where do you feel the connection between your stress level and your baseline most clearly in your daily life?

What do you most want to shift — and what would it mean for your life if your baseline genuinely changed?

What would it feel like to operate from capacity rather than survival?

"Your nervous system baseline is the point you operate from. The practice you just did is the beginning of changing it. Come back to it tomorrow — and the day after. This is how the baseline shifts."

READY TO GO DEEPER?

The 7-minute practice is yours to keep — come back to it every day. But if you want this work to really land, the full 10-day Nervous System Baseline course is where the deeper shift happens.

Ten days of deliberate nervous system training. Each day builds on the last. By the end you won't just have reset — you'll have the daily practices, the lifestyle framework, and the body literacy to keep your baseline where it needs to be.

Nervous System Baseline

Release Stress & Build a Nervous System Lifestyle

10 days · 15 minutes a day · \$97

Three phases. One complete arc.

Phase 1 — Attunement · Phase 2 — Release & Resource · Phase 3 — Build Your Nervous System Lifestyle

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