

#NervousSystemFrameworks - AND - Insight1				
1.The Nervous System Is Foundational	2. One System Governs All Others	3. Nervous System Regulation = Capacity	4. Healing Happens With Others	5. The 8 Forces Shaping Every Nervous System
Regulation drives perception, behavior, decision-making, and connection. Whether in a human or a business, dysregulation disrupts everything.  🧑 <b>For individuals:</b> It shapes your emotions, thoughts, and energy.  🏢 <b>For organisations:</b> It underpins leadership, culture, and collaboration.	🧑 <b>Your nervous system regulates your mental, emotional, physical, and relational systems.</b>  🏢 <b>In organisations,</b> this same system shapes team dynamics, trust, and adaptability.	The capacity to lead, decide, relate, and respond comes from nervous system flexibility.  🧑 <b>For Individuals:</b> Measure HRV to track reactivity, resilience.  🏢 <b>For Organisations:</b> Track coherence to improve team performance and culture.	We regulate through others. Nervous systems co-regulate, or they collapse.  🧑 <b>For Individuals:</b> Safety comes from attunement, not scripts.  🏢 <b>For Organisations:</b> Psychological safety (Nervous System Safety) comes from nervous system-aware leadership.	From light and food to story and sound, the nervous system is shaped by daily micro-inputs. Behaviour change happens through repetition—not willpower.  🧑 <b>For Individuals:</b> Small shifts over time build a regulated baseline.  🏢 <b>For Organisations:</b> Habitual regulation rituals improve culture, communication, and innovation.

#NervousSystemTech - AND - Tools2				
Bioelectric & Neurostimulation	Neurofeedback & Brainwave Training	HRV & Biometric Monitoring	Self-Regulation & Somatic Apps	Frequency & Coherence Technologies
Devices that deliver low-level electrical stimulation to modulate stress response, calm the vagus nerve, or shift state. Eg. transcutaneous vagus nerve stimulators, cranial electrotherapy, pulsed stimulation wearables.  🧑 <b>For Individuals:</b> Self-regulation for anxiety, shutdown, or burnout recovery  🏢 <b>For Organisations:</b> Piloted in stress-heavy industries (healthcare, defense, transportation)	Technologies that provide real-time feedback on brainwave activity to promote focus, calm. Includes: EEG-based headsets, auditory entrainment tools neurofeedback apps.  🧑 <b>For Individuals:</b> Used in personal cognitive training, ADHD support, trauma recovery  🏢 <b>For Organisations:</b> Deployed in leadership training, mental fitness labs, performance programs	Wearable or mobile technologies that measure nervous system state through heart rate variability, respiration, and movement. Includes: HRV monitors, biometric tracking tools.  🧑 <b>For Individuals:</b> Personal recovery, tracking baseline trends  🏢 <b>For Organisations:</b> Applied in high-performance teams, burnout prevention, safety oversight	Apps that guide users through breath, sound, rhythm, or visual inputs to shift state or track regulation. Includes: Breathwork tools, co-regulation prompts, somatic journaling, vagal toning guides  🧑 <b>For Individuals:</b> Daily nervous system maintenance, integration tools  🏢 <b>For Organisations:</b> Rolled out in employee wellness platforms, team rituals	Frequency, vibration, light, or environmental design to create coherence in the nervous system and field. Includes: Scalar field devices, vibrational sound tools, circadian lighting, EMF harmonisers  🧑 <b>For Individuals:</b> Used in homes and personal healing spaces  🏢 <b>For Organisations:</b> Adopted in offices, high creativity environments, Away Days, & Annual Town Halls.

#NervousSystemSupport - AND - Tools3		
Light & Circadian Tools	Nervous System Nutrition	Movement & Rhythm Tools
Products that restore alignment to the body's natural rhythms by optimising light exposure and circadian timing.  🧑 <b>For individuals:</b> Morning light tools, red light therapy, circadian-friendly lighting to support sleep, focus, and recovery.  🏢 <b>For organisations:</b> Circadian-aligned office lighting systems, shift-work light protocols, screen filters to reduce overstimulation.	Supplements and nutrition systems (Neutriceuticals) that support cellular resilience, regulate stress chemistry, and fuel neural repair.  🧑 <b>For individuals:</b> Nervous system-focused formulas including minerals, adaptogens, and mitochondrial support.  🏢 <b>For organisations:</b> Supplement partnerships, hydration stations, and food-as-regulation education in high-demand settings.	Tools that help discharge stress and restore flow through rhythmic, body-based practices.  🧑 <b>For individuals:</b> Micro-movement tools, somatic stretching systems, nervous system yoga kits.  🏢 <b>For organisations:</b> Movement ritual programming, on-site or virtual rhythm-based sessions for teams, recovery-focused wellness activations.
Sound & Tone-Based Tools	Breath, Scent & Air Quality	Story & Relational Coherence
Sound technologies use vibration and rhythm to signal safety to the nervous system and shift nervous system state.  🧑 <b>For individuals:</b> Binaural beats, vibrational music, voice-toning programs.  🏢 <b>For organisations:</b> Acoustic soundscapes for offices, trauma-informed sound design, coherence-enhancing music for group spaces.	Products that support regulation Includes breath work tools, scent-based anchors, and personal air purification systems.  🧑 <b>For individuals:</b> Breath work tools, essential oils, personal air purification.  🏢 <b>For organisations:</b> Scent-neutral or scent-calibrated zones, breath training integration, building-wide air optimisation.	Tools that help individuals and groups re-pattern internal narratives, enhance relational safety, and support co-regulation.  🧑 <b>For individuals:</b> Nervous system-informed journaling kits, dyadic training, and trauma-informed workplace education.  🏢 <b>For organisations:</b> Regulated messaging platforms, co-regulation frameworks for teams, culture repair tools rooted in nervous system literacy

#NervousSystemPractitioners4		
Restore: Support for nervous systems in survival, shutdown, or burnout.	Strengthen: For nervous systems stabilising and ready to rewire patterns & behaviours.	Thrive: Innovate, co-create, and scale with nervous to shape culture, systems, and new possibilities.
🧑 <b>Individuals:</b> <ul style="list-style-type: none"><li>Nervous System Informed Doctors &amp; Therapists</li><li>Bodyworkers (craniosacral, acupuncture, chiropractic, massage)</li><li>Functional health practitioners (nervous system-aware MDs, sleep coaches)</li><li>Regulation coaches (baseline builders)</li></ul> 🏢 <b>Organisations:</b> <ul style="list-style-type: none"><li>Nervous System aware workplace services (EAP reimaged)</li><li>Nervous system-informed HR/people team consultants</li><li>Onsite nervous system recovery rooms, pop-up clinics</li></ul>	🧑 <b>Individuals:</b> <ul style="list-style-type: none"><li>NSI Doctors, Psychotherapists,</li><li>Somatic, holistic, nervous system informed coaches</li><li>Pattern repair through movement, breath, nervous system literacy</li><li>Group programs focused on relational safety, co-regulation, and somatic repair</li></ul> 🏢 <b>Organisations:</b> <ul style="list-style-type: none"><li>Team development with NS-informed facilitators</li><li>Leadership offsites with nervous system frameworks</li><li>NS-informed culture audits &amp; repair journeys</li><li>Capacity-building programs for educators, health teams, or first responders</li></ul>	🧑 <b>Individuals:</b> <ul style="list-style-type: none"><li>Nervous System Informed Executive coaches</li><li>Innovation Immersions</li><li>Creativity &amp; Imagination Facilitatory</li><li>Programs, workshops, retreats that optimise &amp; scale performance</li></ul> 🏢 <b>Organisations:</b> <ul style="list-style-type: none"><li>NSI-informed leadership development &amp; performance coaching</li><li>Strategic integration of nervous system principles into C-Suite, Thought Leadership and Business Growth</li><li>"Regenerative business" architecture using NS Informed applications</li></ul>


#NervousSystemSpaces - AND - Retreats, Centers, Spas5			
Nervous System Friendly Environments	Coherence-Enhancing Design	Co-Regulation Zones	Nervous System-Aware Architecture & Planning
Spaces intentionally designed to support down-regulation, sensory relief, and restoration. Eg. Restorative lighting, acoustic care, airflow, visual stillness.  🧑 <b>For Individuals:</b> Calm spaces at home or in recovery  🏢 <b>For Organisations:</b> Quiet rooms, wellness pods, rest stations at work or schools	Spaces designed to optimise field coherence and subtle environmental signals that affect the nervous system. Eg. EMF-conscious layout, scalar/vibrational field harmonisation, frequency-aligned materials  🧑 <b>For Individuals:</b> Healing spaces, clinics, homes, holiday homes  🏢 <b>For Organisations:</b> Retreat centers, coherence-aware offices, boardrooms, breakout rooms.	Environments that promote safe, attuned human connection through design and intentional use. Includes: Circular seating, natural light, sound domes, soft boundaries  🧑 <b>For Individuals:</b> Used in group therapy, community healing, family dynamics  🏢 <b>For Organisations:</b> Applied in team huddles, creative spaces, leadership offsites	Macro-level design strategies for building environments that promote nervous system health across time. Eg. Biophilic design, trauma-informed design, sensory zoning, circadian building strategies  🧑 <b>For Individuals:</b> Personal home/office modifications  🏢 <b>For Organisations:</b> Used by designers, Tech Accelerators, developers, architects, retreat operators

# THE NERVOUS SYSTEM ECONOMY™

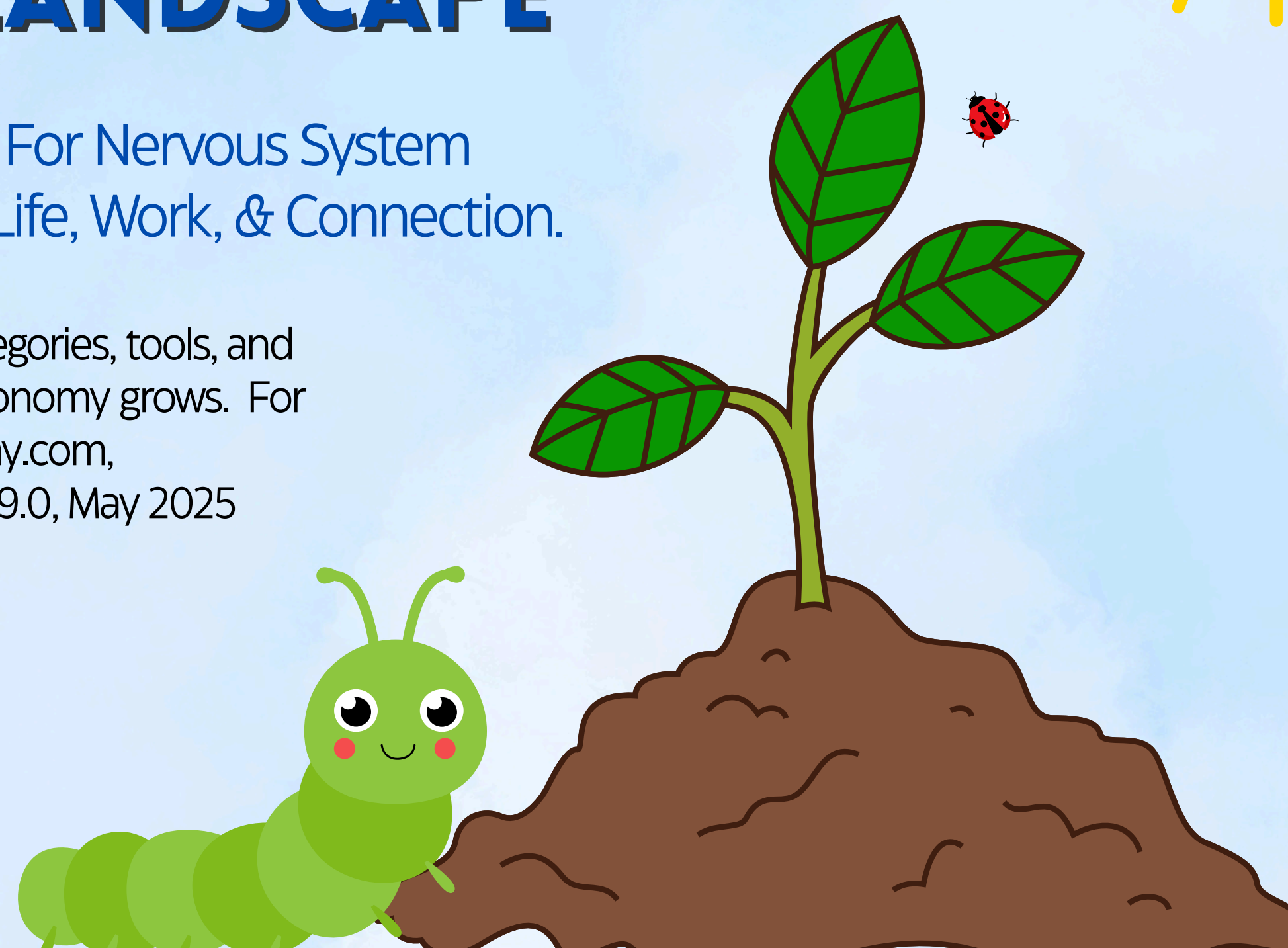
## AN EMERGING LANDSCAPE

Practitioners, Products, & Services For Nervous System Health That Transforms Quality of Life, Work, & Connection.

This landscape reflects a living ecosystem. Categories, tools, and applications evolve as the Nervous System Economy grows. For collaboration, contact: [nervoussystemeconomy.com](mailto:nervoussystemeconomy.com), [anne@nervoussystemeconomy.com](mailto:anne@nervoussystemeconomy.com) | This is v9.0, May 2025



NERVOUS SYSTEM  
ECONOMY™



#NervousSystemEducation - AND - Training6				
Foundational Literacy & Self-Regulation	Professional Certifications & Practitioner Training	Leadership, Teams & Culture	Books, Podcasts, Subscriptions	Applied Nervous System Intelligence (NSQ)
Introductory education that helps individuals and teams understand nervous system states, patterns, and the basics of regulation.  🧑 <b>For individuals:</b> Self-paced programs, guided courses, and field guides introducing regulation, polyvagal theory, and nervous system mapping.  🏢 <b>For organisations:</b> Nervous system onboarding workshops, baseline regulation training, and trauma-informed workplace education.	Advanced programs that prepare individuals to apply nervous system knowledge in their personal practice or team environment.  🧑 <b>For individuals:</b> Certifications in somatic coaching, polyvagal-informed work, trauma-responsive care, and nervous system facilitation.  🏢 <b>For organisations:</b> NSI-aligned leadership development, practitioner-in-residence models, and co-regulation facilitation training for teams.	Education that applies nervous system frameworks to leadership strategy, communication, and organisational transformation.  🧑 <b>For individuals:</b> NSI improves decision-making, collaboration, and resilience across high-demand teams.  🏢 <b>For organisations:</b> Nervous system-informed culture building, team resilience programs, and repair-based Communications training.	Published materials that support education, implementation, and advocacy for a nervous system-informed worldview.  🧑 <b>For individuals:</b> Pocket guides, nervous system literacy books, self-study workbooks.  🏢 <b>For organisations:</b> Field guides for regulated communication, nervous system-informed team building, and executive learning.	Programs and resources that teach nervous system integration into business strategy, brand voice, personal evolution, and systems design.  🧑 <b>For individuals:</b> Brand and business strategy through the lens of nervous system coherence.  🏢 <b>For organisations:</b> Nervous System Intelligence (NSI) for executive strategy, team capacity, and business coherence.

#NervousSystemEnterprise - AND - Systems Strategy7		
Enterprise Systems Integration	Research, Investment & Capital	Governance, Law & Policy
Applying Nervous System Intelligence (NSI) to the design, leadership, and operations of modern organisations. <ul style="list-style-type: none"><li>Leadership and team development grounded in regulation and co-regulation</li><li>Repair-based culture design, rooted in trust, rhythm, and nervous system safety</li><li>Nervous system-aligned onboarding, feedback, and decision-making frameworks</li><li>Internal metrics for resilience, recovery, and adaptive performance</li><li>Trauma-aware adaptations for high-stress industries, frontline teams, and legacy harm</li></ul>	The nervous system economy is growing with evidence, funding, and long-term regenerative potential. <ul style="list-style-type: none"><li>Research into HRV, somatics, coherence, and system-wide impact</li><li>ROI data on nervous system-informed programs in education, business, and health</li><li>Impact investment in wellness, neurotech, frequency tools, and NSI-aligned ventures</li><li>Capital and philanthropic support for healing-centered systems innovation</li><li>Trauma-aware methodologies applied in high-ACES, marginalized, or recovery-focused contexts</li></ul>	Infusing NSI into public systems, collective repair, and long-term societal transformation. <ul style="list-style-type: none"><li>Nervous system-informed policy frameworks for education, healthcare, and justice</li><li>Co-regulation and rhythm principles in school reform and youth development</li><li>Justice systems grounded in nervous system repair—emphasising rhythm, safety, and relational accountability.</li><li>Restorative governance strategies rooted in relational repair and nervous system fluency</li><li>Emerging legislation embedding NSI in public health, safety, and equity indicators</li></ul>