

#NervousSystemFrameworks - AND - Insight

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

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#NervousSystemSpaces - AND - Retreats, Centers, Spas

Nervous System Friendly Environments	Coherence-Enhancing Design	Co-Regulation Zones	Nervous System-Aware Architecture & Planning
<p>Spaces intentionally designed to support down-regulation, sensory relief, and restoration. Eg. Restorative lighting, acoustic care, airflow, visual stillness.</p> <p>For Individuals: Calm spaces at home or in recovery</p> <p>For Organisations: Quiet rooms, wellness pods, rest stations at work or schools</p>	<p>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</p> <p>For Individuals: Healing spaces, clinics, homes, holiday homes</p> <p>For Organisations: Retreat centers, coherence-aware offices, boardrooms, breakout rooms.</p>	<p>Environments that promote safe, attuned human connection through design and intentional use. Includes: Circular seating, natural light, sound domes, soft boundaries</p> <p>For Individuals: Used in group therapy, community healing, family dynamics</p> <p>For Organisations: Applied in team huddles, creative spaces, leadership offsites</p>	<p>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</p> <p>For Individuals: Personal home/office modifications</p> <p>For Organisations: Used by designers, Tech Accelerators, developers, architects, retreat operators</p>

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#NervousSystemTech - AND - Tools

Bioelectric & Neurostimulation	Neurofeedback & Brainwave Training	HRV & Biometric Monitoring	Self-Regulation & Somatic Apps	Frequency & Coherence Technologies
<p>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.</p> <p>For Individuals: Self-regulation for anxiety, shutdown, or burnout recovery</p> <p>For Organisations: Piloted in stress-heavy industries (healthcare, defense, transportation)</p>	<p>Technologies that provide real-time feedback on brainwave activity to promote focus, calm. Includes: EEG-based headsets, auditory entrainment tools, neurofeedback apps.</p> <p>For Individuals: Used in personal cognitive training, ADHD support, trauma recovery</p> <p>For Organisations: Deployed in leadership training, mental fitness labs, performance programs</p>	<p>Wearable or mobile technologies that measure nervous system state through heart rate variability, respiration, and movement. Includes: HRV monitors, biometric tracking tools.</p> <p>For Individuals: Personal recovery, tracking baseline trends</p> <p>For Organisations: Applied in high-performance teams, burnout prevention, safety oversight</p>	<p>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</p> <p>For Individuals: Daily nervous system maintenance, integration tools</p> <p>For Organisations: Rolled out in employee wellness platforms, team rituals</p>	<p>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</p> <p>For Individuals: Used in homes and personal healing spaces</p> <p>For Organisations: Adopted in offices, high creativity environments, Away Days, & Annual Town Halls.</p>

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#NervousSystemSupport - AND - Tools

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

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#NervousSystemPractitioners

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

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#NervousSystemEnterprise - AND - Systems Strategy

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

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#NervousSystemEducation - AND - Training

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

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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, anne@nervoussystemeconomy.com | This is v9.0, May 2025



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#NervousSystemEnterprise - AND - Systems Strategy