

#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
Regulation drives perception, behavior, decision-making, and connection. Whether in a human or a business, dysregulation disrupts everything. 👤 For individuals: It shapes your emotions, thoughts, and energy. 🏢 For organisations: It underpins leadership, culture, and collaboration.	👤 Your nervous system regulates your mental, emotional, physical, and relational systems. 🏢 In organisations, this same system shapes team dynamics, trust, and adaptability.	The capacity to lead, decide, relate, and respond comes from nervous system flexibility. 👤 For individuals: Measure HRV to track reactivity, resilience. 🏢 For Organisations: Track coherence to improve team performance and culture.	We regulate through others. Nervous systems co-regulate, or they collapse. 👤 For Individuals: Safety comes from attunement, not scripts. 🏢 For Organisations: 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. 👤 For Individuals: Small shifts over time build a regulated baseline. 🏢 For Organisations: Habitual regulation rituals improve culture, communication, and innovation.

#NervousSystemTech - AND - Tools				
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. 👤 For Individuals: Self-regulation for anxiety, shutdown, or burnout recovery 🏢 For Organisations: 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. 👤 For Individuals: Used in personal cognitive training, ADHD support, trauma recovery 🏢 For Organisations: 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. 👤 For Individuals: Personal recovery, tracking baseline trends 🏢 For Organisations: 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 👤 For Individuals: Daily nervous system maintenance, integration tools 🏢 For Organisations: 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 👤 For Individuals: Used in homes and personal healing spaces 🏢 For Organisations: Adopted in offices, high creativity environments, Away Days, & Annual Town Halls.

#NervousSystemSpaces - AND - Retreats, Centers, Spas			
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. 👤 For Individuals: Calm spaces at home or in recovery 🏢 For Organisations: 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 👤 For Individuals: Healing spaces, clinics, homes, holiday homes 🏢 For Organisations: 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 👤 For Individuals: Used in group therapy, community healing, family dynamics 🏢 For Organisations: 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 👤 For Individuals: Personal home/office modifications 🏢 For Organisations: Used by designers, Tech Accelerators, developers, architects, retreat operators

#NervousSystemPractitioners		
Restore:	Strengthen:	Thrive:
Support for nervous systems in survival, shutdown, or burnout. 👤 Individuals: - Nervous System Informed Doctors & Therapists - Bodyworkers (craniosacral, acupuncture, chiropractic, massage) - Functional health practitioners (nervous system-aware MDs, sleep coaches) - Regulation coaches (baseline builders) 🏢 Organisations: - Nervous System aware workplace services (EAP reimagined) - Nervous system-informed HR/people team consultants - Onsite nervous system recovery rooms, pop-up clinics	For nervous systems stabilising and ready to rewire patterns & behaviours. 👤 Individuals: - 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 🏢 Organisations: - 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	Innovate, co-create, and scale with nervous to shape culture, systems, and new possibilities. 👤 Individuals: - Nervous System Informed Executive coaches - Innovation Immersions - Creativity & Imagination Facilitatory - Programs, workshops, retreats that optimise & scale performance 🏢 Organisations: - 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

Powered by



#NervousSystemSupport - AND - Tools		
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. 👤 For individuals: Morning light tools, red light therapy, circadian-friendly lighting to support sleep, focus, and recovery. 🏢 For organisations: Circadian-aligned office lighting systems, shift-work light protocols, screen filters to reduce overstimulation.	Supplements and nutrition systems (Neutraceuticals) that support cellular resilience, regulate stress chemistry, and fuel neural repair. 👤 For individuals: Nervous system-focused formulas including minerals, adaptogens, and mitochondrial support. 🏢 For organisations: 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. 👤 For individuals: Micro-movement tools, somatic stretching systems, nervous system yoga kits. 🏢 For organisations: 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. 👤 For individuals: Binaural beats, vibrational music, voice-toning programs. 🏢 For organisations: 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. 👤 For individuals: Breath work tools, essential oils, personal air purification. 🏢 For organisations: 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. 👤 For individuals: Nervous system-informed journaling kits, dyadic practices, language re-patterning programs 🏢 For organisations: Regulated messaging platforms, co-regulation frameworks for teams, culture repair tools rooted in nervous system literacy

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

#NervousSystemEducation - AND - Training				
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. 👤 For individuals: Self-paced programs, guided courses, and field guides introducing regulation, polyvagal theory, and nervous system mapping. 🏢 For organisations: 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. 👤 For individuals: Certifications in somatic coaching, polyvagal-informed work, trauma-responsive care, and nervous system facilitation. 🏢 For organisations: 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. 👤 For individuals: NSI improves decision-making, collaboration, and resilience across high-demand teams. 🏢 For organisations: 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. 👤 For individuals: Pocket guides, nervous system literacy books, self-study workbooks. 🏢 For organisations: 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. 👤 For individuals: Brand and business strategy through the lens of nervous system coherence. 🏢 For organisations: Nervous System Intelligence (NSI) for executive strategy, team capacity, and business coherence.

#NervousSystemEnterprise - AND - Systems Strategy		
Enterprise Systems Integration	Research, Investment & Capital	Governance, Law & Policy
Applying Nervous System Intelligence (NSI) to the design, leadership, and operations of modern organisations. - Leadership and team development grounded in regulation and co-regulation - Repair-based culture design, rooted in trust, rhythm, and nervous system safety - Nervous system-aligned onboarding, 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	The nervous system economy is growing with evidence, funding, and long-term regenerative potential. - 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	Infusing NSI into public systems, collective repair, and long-term societal transformation. - 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