



The Workbook

3 DAY MINDBODY CHALLENGE



Welcome!

My name is Ashley Long, and I'm the founder of Thrive Again Coaching. I'm so excited you're here and taking this step of trying the 3-Day MindBody Challenge. Mindbody methods are all about helping your brain and body shift out of survival mode and into a state of safety, calm, and balance. When your nervous system feels safe, your body finally has the space to heal, regulate, and release long-held stress patterns, opening the door to relief from chronic pain and chronic symptoms.

I know this is possible because I've lived it. After more than 30 years of chronic symptoms and illness, I found my way back to health through MindBody practices. And now, I'm honored to help you begin that transformation too.



4 KEY AREAS OF FOCUS

I use 4 key foundational areas of focus;

- ↳ Knowledge
- ↳ Somatic Practices
- ↳ Beliefs / Mindset
- ↳ Emotions

[Click Here for a video explaining these areas in more depth.](#)

TIPS FOR SUCCESS

In order to get the most out of this challenge, make sure you participate in each part, stay engaged, try to eliminate distractions as much as possible, and watch all available videos.



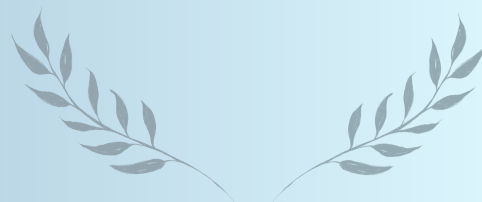
Day 1



Knowledge

What are MindBody symptoms or Neuroplastic symptoms?

-Physical sensations (like chronic pain, digestive issues, fatigue, autoimmune reactions) coming from the brain when it senses danger. There is NOTHING wrong with you, it's just your brain staying stuck in a danger response and thus sending symptoms.



Take the Neuroplastic Symptom online assessment ...



[Click Here.](#)



Somatic Practice

Breath work calms the nervous system by shifting from the "fight-or-flight" response to the "rest-and-digest" response, which lowers stress hormones, heart rate, and blood pressure. The brain likes oxygen!!



[Click Here for Breathing Exercises](#)



Beliefs / Mindset and Emotions

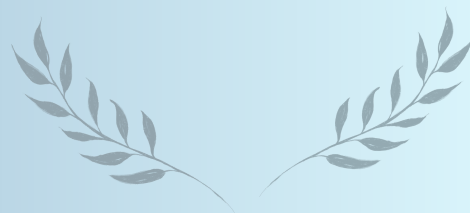


Reflection: Notice one moment today when you felt "present" or "awareness" in your body - any changes, shifts, or sensations? What was the first thing you thought or what emotion came up? Journal about all of the above.



Knowledge and Mindset

Day 2



It is so important to start the day with safety and calm so the brain is more receptive and expecting of positive input throughout the day. The first thing you do and think in the morning dictates the rest of your day in energy, productivity, and goals. Below is a Morning Motivational Meditation.

[Click Here for the Morning Motivational Meditation](#)



Somatic Practice

Getting outside in nature does wonders for the brain and body. Go for a walk today and absorb it with all five senses. Listen to the birds and leaves, feel the breeze and warmth, and notice what is around you, even the smallest details. If weather is not permitting, watch a video of nature and imagine you are experiencing it!



Somatic Practice

Somatic tracking is a MindBody method of teaching your brain that the symptoms you have are safe and not dangerous in order to turn off the danger signal stemming to the body. It is best to use somatic tracking when there is a symptom present and not too severe, but tolerable.



[Click Here for the Somatic Tracking Exercise](#)



Beliefs / Mindset



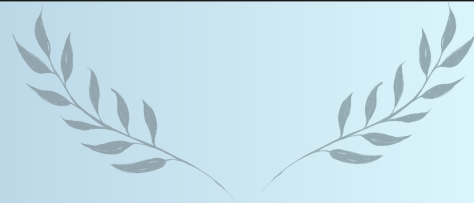
Reflection: Do you believe healing is possible for you?
Do you think that something is broken or wrong with you?

Take time to write down OR visualize what you want your future outcome to be. Try to FEEL what that is like to have it now.



Knowledge

Day 3



We all know the saying “practice makes perfect”. But why is practice and consistency so important? The more we do and think something, the stronger the neural pathway in the brain becomes. Eventually that neural pathway (or brain signal) becomes automatic and a part of a habit and routine. So, the more we practice MindBody methods, the more our brain and body will respond and thus shift back into healthy balance!



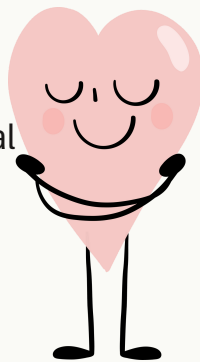
Emotional Release

Emotions are literally ENERGY- IN - MOTION. When we hold in our emotions, it's holding in a lot of energy that needs to flow through and creates a lot of inner pressure and unbalance. Take some time a few times a week to write out all your thoughts, frustrations, and emotions (uncensored) and feel them. If you need to cry or punch a pillow, do it! After you are done writing, shred it up and know it has been released. If an emotion comes up throughout the day, allow it to be and feel it, even if that means excusing yourself to be alone.



Everything!

Heart Coherence is a MindBody practice that syncs up the brain and heart in a healthy communication which produces a state of internal peace and balance. It affects our heart rate variability, emotional state, nervous system, and mental clarity.



[Click Here for a Heart Coherence Meditation.](#)

*If you want to know more.. visit the [Heart Math Institute website.](#)



Beliefs / Mindset



Reflection: Evidence Journaling - Take time each day to record what is going well and any evidence of improvements in symptoms, mindset, or emotions. Think back to when you were in the act of some of the Mindbody practices. This encourages the brain to repeat the feeling and action. Know there truly is hope instead of sending the danger signals or fear based thoughts.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

 Bonus :

Visualizations are so powerful because it helps the brain experience what is yet to come. When you incorporate your senses and emotions into the visualization, that allows the brain to perceive it as reality even more. Try to feel it, try to feel the new you! The more we visualize something and believe it, the more the brain will look for it, notice opportunities of it, and be motivated to keep working towards it! True faith in something is the assurance of what is hoped for and the evidence of things not yet seen.

[Click HERE for an Italy visualization - \(free of symptoms\).](#)

[Click HERE for a spiritual visualization \(Christ focused\).](#)

Don't allow the overwhelm of symptoms control your life! Reach out for support. Healing is possible!



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