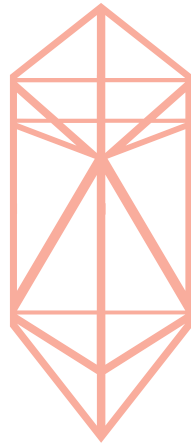


5 STEPS TO RECONNECT WITH YOUR BODY & TRUST YOUR INNER GUIDANCE

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Why this matters

When life feels busy and overwhelming, it's easy to disconnect from what your body is trying to tell you.

You push through fatigue, silence hunger cues, ignore the tension, and before you know it — you feel off, foggy, or stuck.

These five steps will help you come back home to yourself.

You'll learn to listen, trust, and respond to your body's messages — and experience how chiropractic care helps make that process easier and more natural.

*This advice is intended to be used with the guidance of a healthcare professional. Confirm your ideas about diet and movement with this professional as you practice self-guiding your supportive care.

STEP 1: RECONNECT WITH YOUR BODY

Bodywork is one of the simplest and most powerful ways to build awareness.

When your brain and body communicate clearly, your system can accurately sense and respond to what you need.

Chiropractic care supports this connection by clearing interference in the nervous system so that signals flow freely – no more fuzzy messages or crossed wires.

From this foundation, everything else becomes easier.

Try this:

Take five minutes in the morning and five minutes at night to check in with your B.A.S.E.M.

- Breath – Is it shallow, deep, calm, tight?
- Action – How have you been moving (or not moving)?
- Sensation – What do you feel in your body right now?
- Emotions – What's present for you emotionally?
- Mind – What thoughts are looping or lingering?

Notice with curiosity, not judgment. Just pay attention – that's where reconnection begins.

STEP 2: TUNE IN & RESPOND

Once you've created awareness, the next step is to start **listening and honoring** what your body is asking for.

When you feel the urge to rest, drink water, move, or eat and *use the restroom* – respond. Ignoring these cues tells your brain that your needs don't matter, which creates stress and disconnection.

It can feel uncomfortable at first – like you're not in control. But as trust builds, you'll find your body is much more cooperative when it feels heard and respected.

Try this:

For one day this week, commit to honoring your biological needs.

You might be surprised at how much calmer and clearer you feel. If it feels difficult, get curious on why.

STEP 3: SPEAK KINDLY

How we speak to ourselves matters — our bodies hear every word.

Pay attention to “should” language:

“I should go for a run.”

“I should eat better.”

That’s not how your body communicates.

Your body’s language is gentler, more intuitive. It says:

“It would feel so good to move right now.”

“I’d love something nourishing.”

Try this:

Notice your inner dialogue. Each time you catch a “should,” replace it with “I would love to...” or “It would feel good to...”

This small shift retrains your nervous system to associate self-care with choice, not pressure.

STEP 4: PRACTICE GRATITUDE & RESPECT

Your body is your lifelong companion. It’s with you 100% of the time — through every season, every challenge, every joy.

When you approach it with gratitude, you cultivate love and compassion that directly calm your nervous system.

Try this:

- Each morning, thank your body for what it did automatically while you slept — breathing, repairing, restoring.
- When you catch yourself complaining about your body, list three things it’s doing right.
- When you lift your child, walk outside, or savor a meal, take a second to acknowledge the gift of being able to do so.

You’ll start to notice that gratitude opens space for healing.

STEP 5: PLAY WITH INTUITION

When your body feels safe and connected, **intuition naturally emerges**.

You've probably felt it before — that gut feeling, that quiet knowing.

Your intuition speaks through your body, but you have to slow down enough to feel it.

Try this:

1. Say something true out loud, like "I love my children" or "My name is [your name]."
2. Notice what you feel — warmth, openness, calm.
3. Then say something untrue, like "My name is Barack Obama."
4. Feel the difference — maybe tension, tightness, or discomfort.
5. This is your "yes/no" baseline.

You can start using this sense for small choices:

"Do I need rest or movement?"

"Would this food feel supportive?"

"Is this opportunity aligned?"

Over time, this builds deep trust with yourself.

THE FOUNDATION: CHIROPRACTIC CARE

You can practice all of these steps, but if your nervous system isn't clear, your body can't send or receive accurate messages.

Chiropractic care restores that clarity — helping your system communicate effortlessly, so your intuition and healing can flow naturally.

If you're curious about where to begin, I'd love to help you.

Visit EudaimoniaChiropractic.com to learn more or schedule your first visit.

Here is to you and your flourishing!

*Love Always,
Dr. Evelyn France D.C.*

Nervous System-Based Chiropractic Care for Busy, Full Lives