

# How to Scale Your Nervous System !

Roseanne Reilly

CoreNeuroCare®

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## What Does Nervous System Scalability Actually Mean?

With practice, it means your system can expand its range of experience and still stay coherent. Instead of flipping suddenly from calm to chaotic (or from high-energy to total depletion), you create smoother, slower transitions between states. You become more responsive and less reactive.

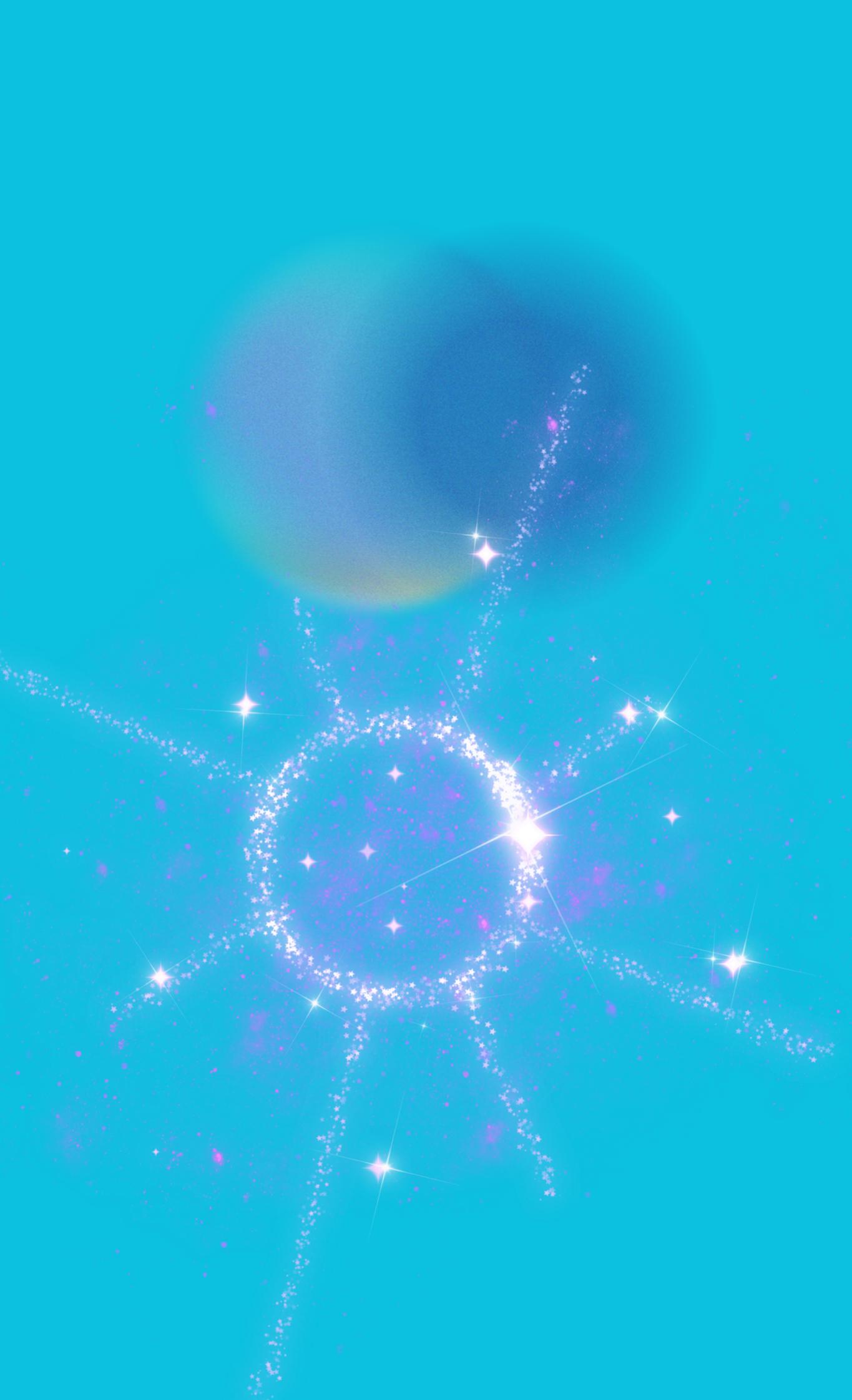
Example:

Let's say a launch fails.

A non-scalable nervous system might immediately go into overactivation: spiraling self-doubt, frantic overworking, catastrophizing ("I'm failing," "No one wants this," "I'm not cut out for this").

A scalable nervous system still feels the impact—but has the bandwidth to slow down, notice the trigger, stay with the discomfort, and integrate the energy. That person might say, "This stings—but what's here for me to learn?" They regulate, reflect, reorient—and try again with greater clarity.

They still move, but with grace. And that's not just emotional wisdom—  
It's creative Intelligence, it's peak performance.



As Viktor Frankl said:

"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

When the nervous system is in a constant state of dysregulation that space disappears.

The brain no longer filters through the prefrontal cortex (the rational, reflective part of us).

Instead, it defaults to survival mode: overreacting to now, asking questions later.

This can look like:

- Yelling and Saying things we don't mean
- Reaching for coping mechanisms that harm more than help
- Shutting down emotionally or physically
- Acting out of nervous system dysregulation which leads to emotional dysregulation, rather than alignment

# The Nervous System Scalability Scale

(Think of this like a diagnostic tool for internal capacity)

## **Level 1 – Survival-Centered**

Constantly reactive. Vigilant. Easily overwhelmed. Needs external validation to feel safe. Most energy goes to managing stress.

## **Level 2 – Tolerance-Centered**

Some space between trigger and response. Can handle moderate stress. Begins to notice internal patterns but often needs recovery time after stress spikes.

## **Level 3 – Regulation-Centered**

Recognizes signals early. Able to self-soothe. Less emotionally hijacked. Begins to create fluidity between states—less “whiplash,” more flow.

## **Level 4 – Integration-Centered**

Able to use stress for growth. Transforms activation into aligned action. Deep access to emotional intelligence, creativity, and grounded leadership.

## **Level 5 – Coherence-Centered**

Thrives under pressure without disconnection. Leads with embodied presence. Co-regulates others naturally. Resilient, rooted, and scalable—in mind, body, and mission.

## The Opportunity

Whether stuck in Fight, Flight, Freeze, Fawn, Flop, Fix or any combination of these - FLOW is waiting.

Your body is wise.

It's never against you—it's always trying to help you heal and restore balance..

The invitation is to develop listening skills and a personalized practices that speaks directly to you.

Learn how to relate differently to your energy thoughts and emotions, those of others and your environment.

High functioning systems need high level awareness and stress integration skills.

Build new pathways that lead to better outcomes.

And perhaps most importantly...

A grounded and coherent center that ripples through how you feel, love, listen and lead.

The Nervous System can flow more freely through this informed level of Creative Intelligence, this is the secret side to success. It's the stabilizing infrastructure that maintains and sustains health, growth and potential.

Everything flows more freely down stream from skillful regulation, adequate rest and stress integration rather than short term costly survival stress states and strategies.

