



BEAUTY IN THE *Here & Now*

A GUIDE BY NICHOLE GABRIELLE

*A gentle, neuroscience-informed guide
for women navigating illness,
identity shifts, caregiving, and
the daily overwhelm of a life
that demands too much.*

WHAT'S INSIDE

- *The Glimmer Practice*
- *The Here & Now Breath*
- *Anchoring Questions*
- *Journal Prompts for Reinvention*

01

A Note From Nichole

I still remember the way the air smelled that morning.

Cool. Sweet. Like a small mercy.

My son was tucked into his stroller, blinking at the sky, and for the first time in years, I took a walk without my mobility aids... alone. No rehearsing how I'd call for help. No fear that my legs would give out before I got home. No backup plan for the crash I'd surely pay later.

Just me. My baby. And a body I wasn't sure I could trust anymore.

I didn't know whether to celebrate or brace for collapse. That's the thing about chronic illness — joy and fear often arrive holding hands.

And yet... the next day, my legs still held. I walked again.

“It wasn’t a miracle or a cure. It was a moment — a glimmer. A tiny reminder that life wasn’t only happening to me.”

That walk changed how I moved through my life. Not because everything got easier. But because I finally started noticing what was already beautiful.

I want that for you, too.

This guide is a starting place — a soft landing for your nervous system and a gentle invitation to see your life with kinder eyes. Even now. Especially now.

— Nichole

Speaker • Facilitator • Neuroscience-Informed Coach • Health Justice Advocate

02

Why This Works

Neuroscience, but friendly.

Your brain is not trying to sabotage you — it's trying to protect you.

When life is unpredictable — illness, motherhood, caregiving, identity shifts — your nervous system gets stuck in survival mode. Not because you're weak. But because your brain thinks vigilance = safety.

GLIMMER TRACKING, BREATHWORK, AND SOMATIC GROUNDING WORK BECAUSE:

- They calm the threat-response centers of the brain.

When you notice something safe, your amygdala gets a quieter signal.

- They increase vagal tone.

Your vagus nerve governs your ability to regulate — these practices strengthen it.

- They help your brain update its story.

From “I’m not safe” to “I’m supported enough to take this one moment at a time.”

- They build capacity slowly and sustainably.

Which makes more joy — and more life — possible.

This is not mindset work. It's not toxic positivity. It's not pretending your life is easier than it is.

This is teaching your brain and body to recognize moments of beauty that are already present — so you can live, not just endure.

03

Practice One: The Glimmer Pages

A 5-minute daily moment for your nervous system.

Every evening, write down:

1. One moment that softened you today.

Even if it lasted half a second.

2. What made that moment feel different?

Light on the counter, a baby giggle, a warm mug, your own exhale.

3. Where did you feel it in your body?

Chest, jaw, shoulders loosening.

4. What does this moment tell you about what you need more of?

This is how we learn to build beautiful lives from the inside out.

WHY THIS PRACTICE WORKS:

Your brain learns through repetition. If you only track what's hard, the world feels hard. If you train your body to notice what is nourishing — even in chaos — your capacity expands.

04

Practice Two: The Here & Now Breath

60 seconds when everything feels like too much.

Place one hand on your heart, one on your belly.

INHALE	HOLD	EXHALE
4 counts	1 count	6 counts
<i>Through your nose</i>	<i>Gently</i>	<i>Slowly, fully</i>

Say silently: "I can be here. This moment is enough."

This regulates your vagus nerve and signals to your body: We are not in danger right now.

Your thoughts quiet. Your chest loosens. You come home to yourself.

05

Practice Three: The Anchoring Questions

Use when you're overwhelmed, stuck, spiraling, or waiting for life to calm down.

- What part of me is asking for care right now?
- If I didn't have to be the strong one today, what would I choose?
- What's one thing I can set down for tonight?
- Where did beauty show up today — even quietly?

These questions shift the body from survival toward presence, which is where joy becomes possible.

06

Bonus: Journal Prompts

For reinvention seasons.

1. What have I outgrown — even if I haven't said it aloud yet?

2. Where do I feel like I'm "in between identities"?

3. What life did I expect to have by now — and what might it look like to grieve it with tenderness?

4. What tiny freedoms am I allowed to claim today?

5. If support were guaranteed, how would I live differently?

*A gentle community for women navigating illness, caregiving,
new motherhood, and overwhelm.*

Not sure where to begin? Reach out at nicholegabrielle.com