

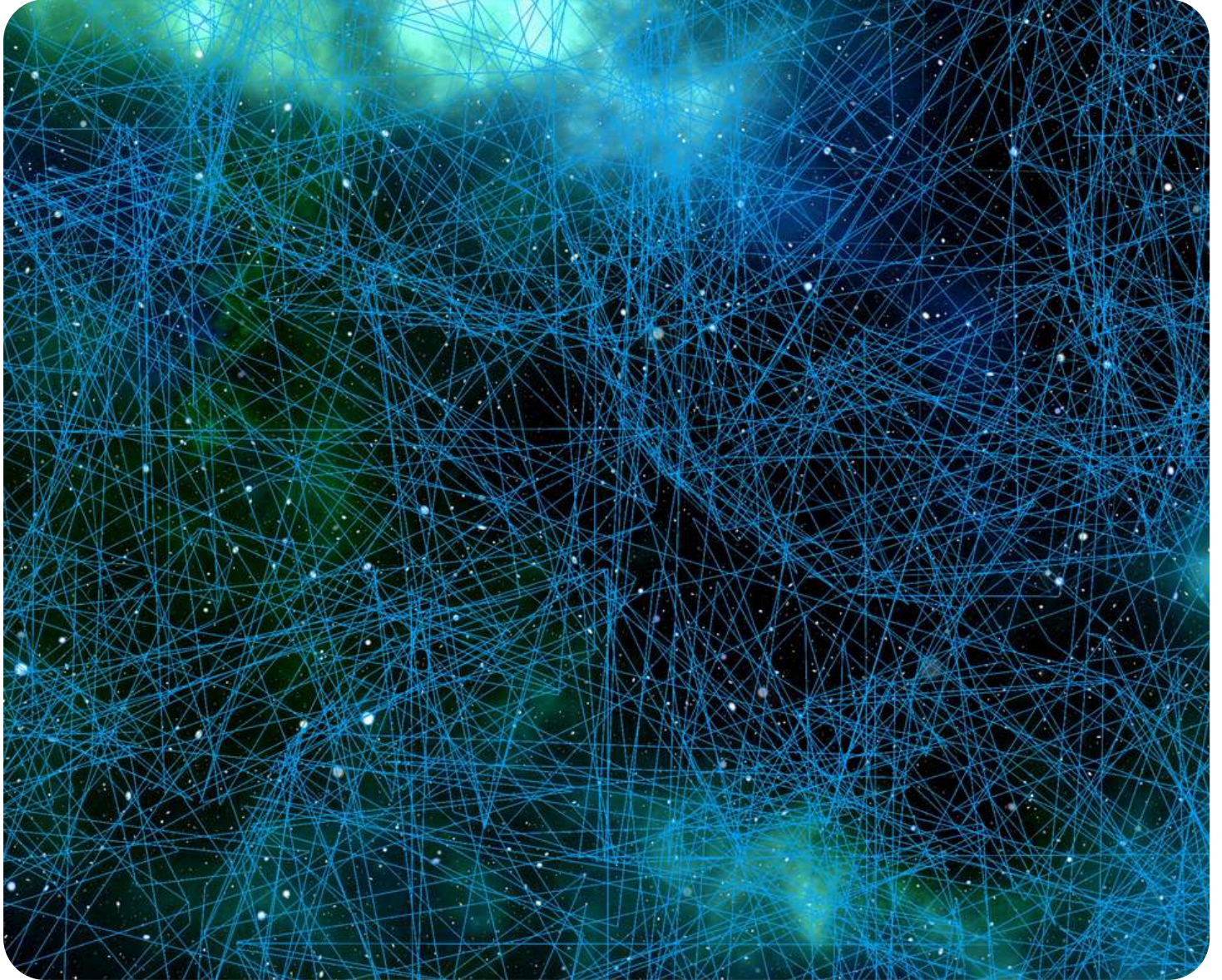
# Postcards by Pinch

Vol XVIII | Dec 2025





# Nervous System Health : The New Frontier of Wellness



**As** the year draws to a close, many people instinctively turn inward. December becomes a pause between what has been and what is about to begin. It is often when fatigue becomes visible, not just in the body, but in the mind. Difficulty switching off, restless sleep, low-grade anxiety, or a sense of being constantly “on” are common signals that something deeper needs attention. Increasingly, wellness experts are pointing to one quiet but powerful system at the centre of it all: the nervous system.

The nervous system governs how we respond to the world long before conscious thought steps in. Through the autonomic nervous system, the body continuously shifts between alertness and recovery. The sympathetic state prepares us for action, while

the parasympathetic state supports rest, digestion, repair, and emotional regulation. In healthy conditions, the body moves fluidly between the two. Modern life, however, rarely allows this balance. Constant notifications, irregular routines, prolonged screen exposure, and mental load keep the body in a state of low-level vigilance. Research links prolonged nervous system dysregulation to impaired cognition, emotional fatigue, inflammation, and increased cardiovascular risk.

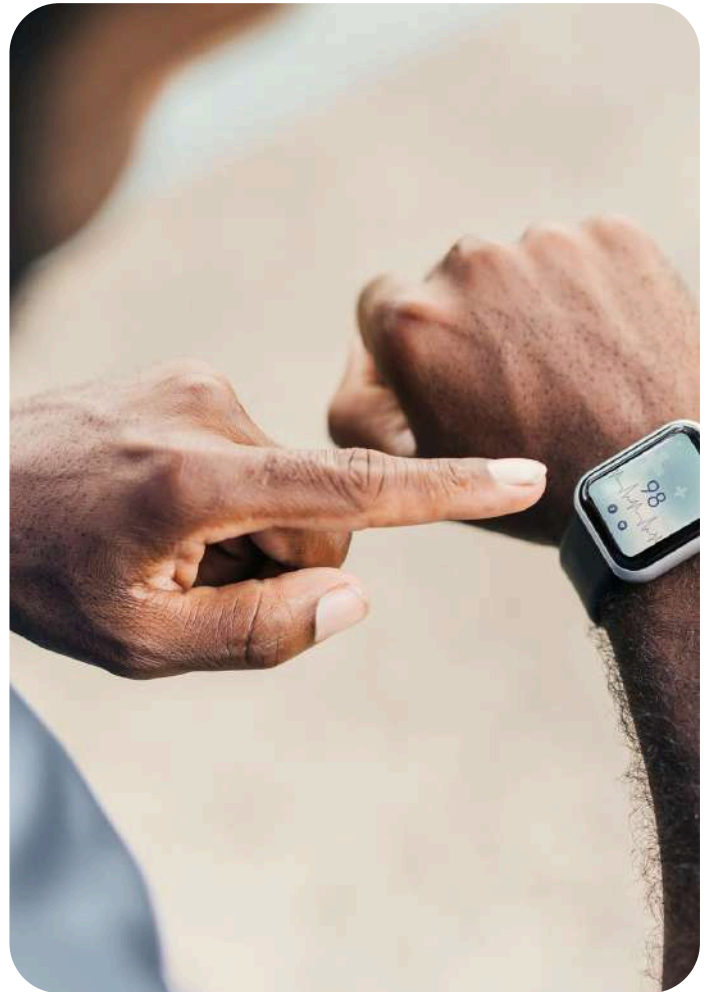
This is why nervous system health is emerging as a central wellness focus, particularly at the start of a new year. Rather than setting aggressive fitness or productivity goals, many people are beginning to ask a more fundamental question: does my body feel



safe enough to recover? One commonly discussed marker here is heart rate variability, or HRV, which reflects how flexibly the nervous system responds to stress. Higher HRV is associated with better resilience and recovery, while consistently low HRV often signals chronic strain. Studies show that HRV improves not through optimisation, but through consistent regulation.

What regulates the nervous system most effectively is not intensity, but environment and rhythm. Light, sound, posture, and temperature all influence nervous system tone. Environmental psychology research shows that natural light, quieter surroundings, and well-supported seating encourage parasympathetic activation, while harsh lighting and constant noise do the opposite.

Movement also plays a role, especially slow, rhythmic activities like walking or swimming. Even breathing patterns matter. A 2022 Stanford study found that longer, slower exhalations can reduce stress markers within minutes by signalling safety to the brain.



As people enter a new year, the nervous system responds less to intentions and more to consistency. Regular meal times, predictable sleep schedules, and clear boundaries between work and rest reduce cognitive load and help the body downshift naturally. When life feels chaotic, the nervous system stays alert as a form of protection. When rhythms are reliable, it begins to soften. This is why wellness journeys that focus only on discipline often fail, while those that focus on structure and support tend to last.

At its core, nervous system health reframes wellness away from doing more and toward allowing recovery. It reminds us that rest is not a reward, but a requirement. As the new year begins, taking wellness seriously may mean starting quietly: creating calmer evenings, reducing unnecessary stimulation, and designing days that the body can trust. Often, the most meaningful change does not arrive with force or fanfare. It arrives when the nervous system finally feels safe enough to let go.



## To Try

# A Daily Regulation Ritual

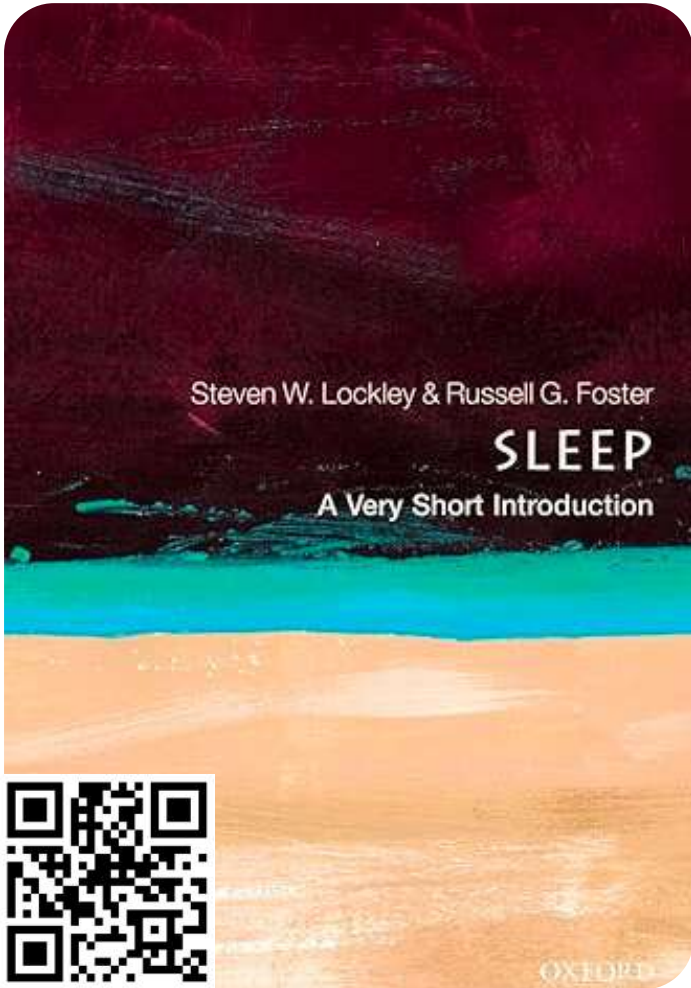
Instead of adding another workout or habit, try a 10-minute daily nervous system reset. Choose one consistent time each day and do just one thing slowly: a quiet walk without your phone, gentle stretching on the floor, or slow breathing with longer exhales. Research shows that regular, low-intensity practices are more effective for nervous system regulation than occasional high-effort routines. The power lies in repetition, not intensity.

## To Listen

# Huberman Lab

Hosted by neuroscientist Andrew Huberman, this podcast explores how the brain and nervous system shape stress, sleep, focus, and emotional regulation. Episodes break down complex science into practical insights that can be applied to daily life. Particularly useful for understanding why certain habits calm the body while others keep it on edge. Best approached selectively, choosing topics aligned with rest and recovery.





## To Read

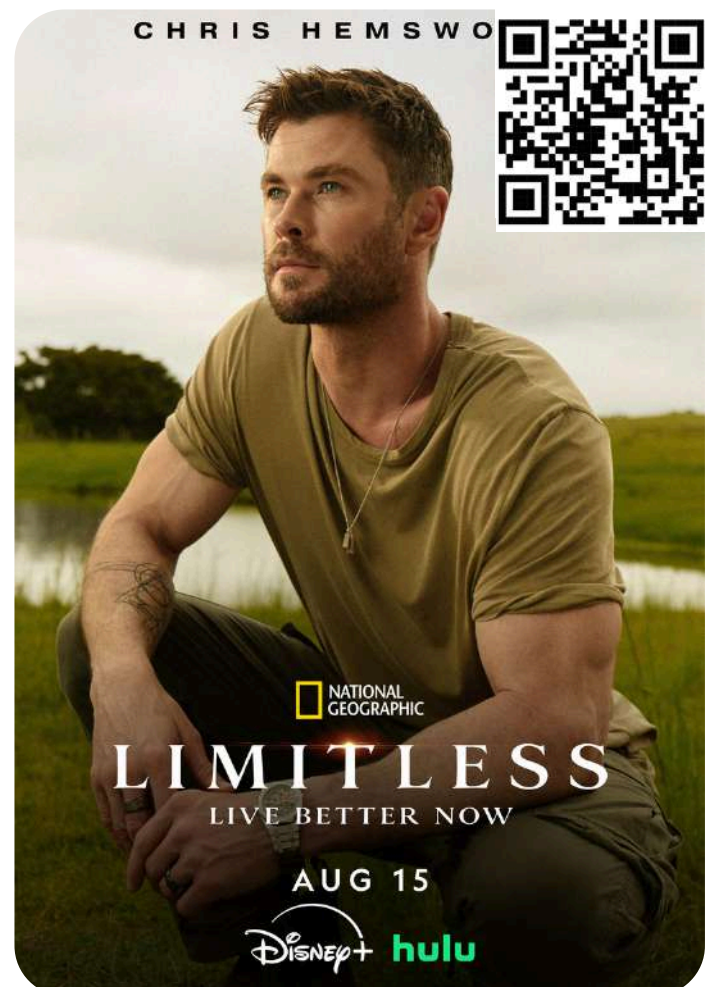
# Sleep: A Very Short Introduction by Russell G. Foster & Steven W. Lockley

A concise, science-led exploration of why sleep is essential to physical health, cognitive function, and nervous system regulation. The authors explain how circadian rhythms, light exposure, and sleep timing influence mood, attention, and recovery. Clear and accessible without oversimplifying, it's an ideal read for anyone wanting evidence-based insight without committing to a long-form book. Especially relevant for resetting routines at the start of a new year.

## To Watch

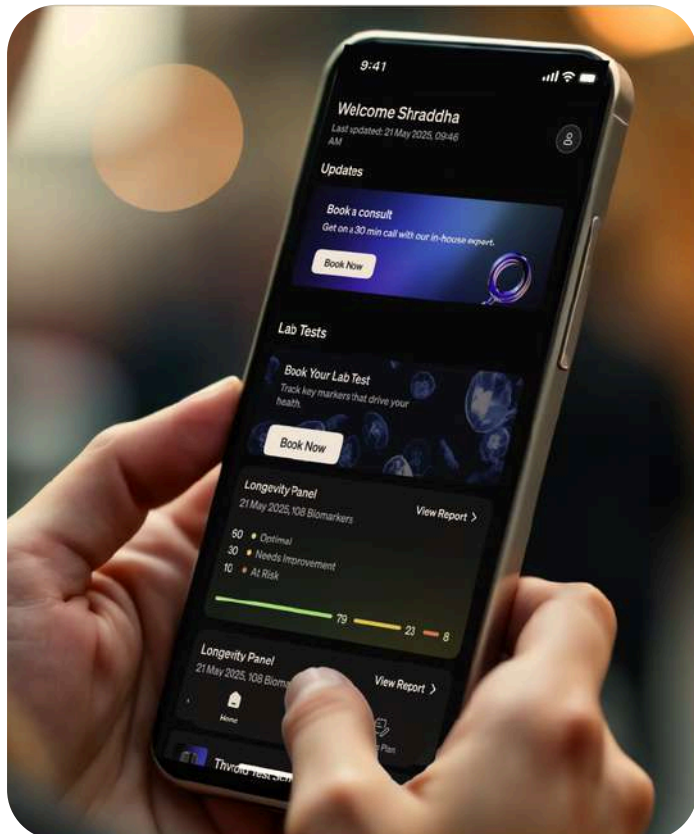
# Limitless with Chris Hemsworth

Transform a simple evening into an immersive experience by curating a themed dinner, whether it's a regional cuisine, a vintage tea party, or a seasonal harvest celebration. Incorporate elements like handcrafted tableware, curated playlists, and locally sourced ingredients to make the evening memorable. Small interactive touches, like a collaborative cooking activity or storytelling round, can deepen connection and create lasting memories for all your guests.





# Deep Holistics : Listen To What Your Body Whispers



Most people enter December with the same hope: Next year, I'll take my health seriously. But year after year, the promise slips. Not because people don't care, but because they don't know where to begin. Wellness today is crowded with powders, protocols, influencers and conflicting advice. It creates confusion at a time when people are already overwhelmed.

This is the gap that Sanath Kumar and Pragadheesh Raj, co-founders of Deep Holistics, set out to solve. Both of them saw the same pattern in their own lives and in the people around them. The problem wasn't motivation. It was direction. Most of us want better sleep, steadier energy, a calmer mind or a healthier routine, but we're working with guesswork. And guesswork rarely sustains a resolution beyond the first few weeks of January.

Deep Holistics was built on a simple idea: people make better choices when they understand their bodies. Their core offering, Baseline, begins with a curated advanced biomarkers blood test that helps a person see where their health stands and what to focus on next. The experience is designed to be seamless. Their team manages the phlebotomist, the testing, the timelines and the follow-ups, so the user isn't navigating anything alone.

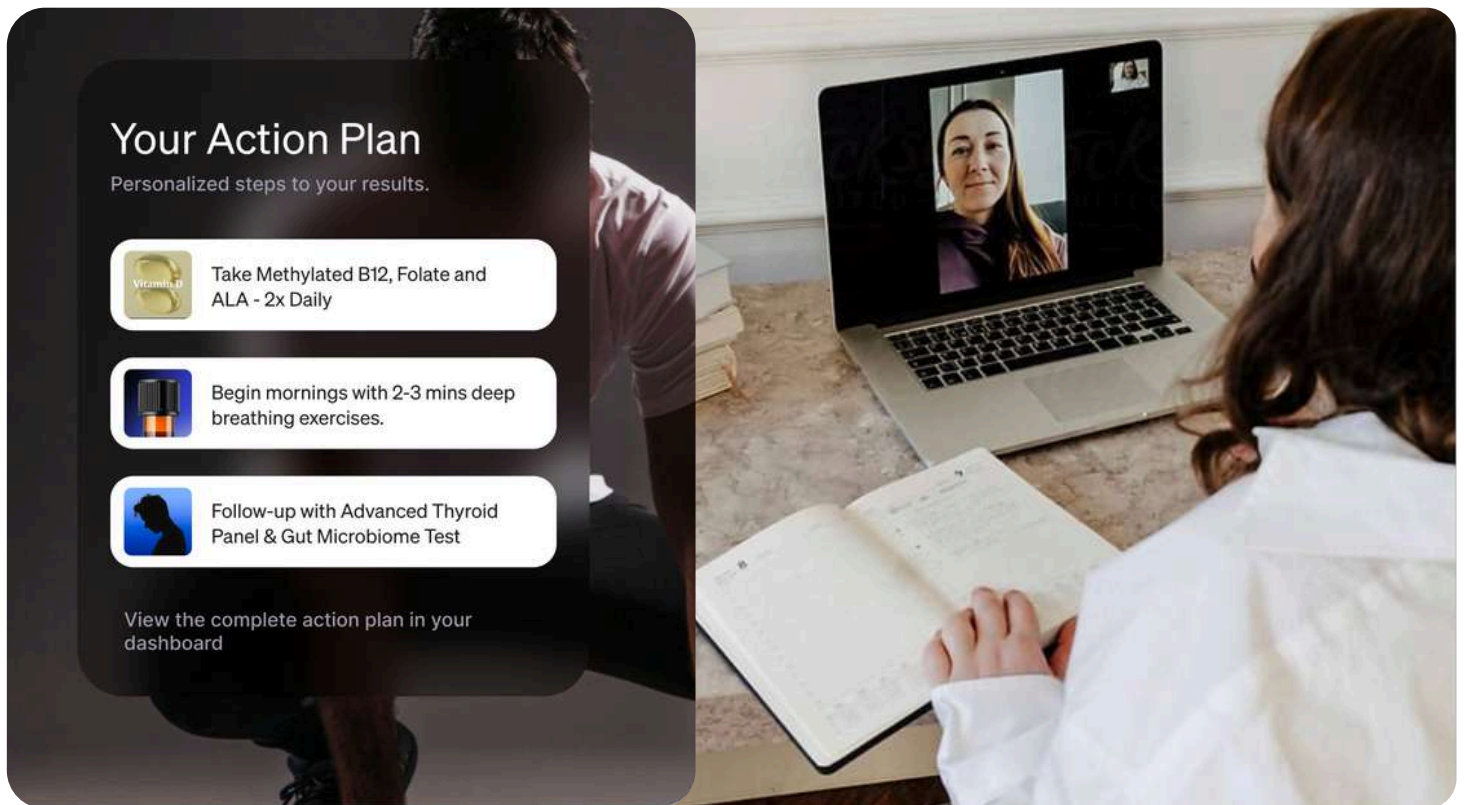
But the real shift begins after the test. Every person is paired with a trained longevity expert who explains the results, highlights what matters, and builds a personalised action plan across



activity, nutrition, sleep, and stress. The goal isn't to overhaul someone's lifestyle. It is to help them take the next step with clarity and confidence, based on the reality of their day-to-day life.

Deep Holistics approaches longevity in a different way. As the founders shared, most people don't dream of living to 120. They want to look, feel and perform at their best everyday. They call this "everyday longevity." It shifts the focus from big, distant goals to daily choices that improve how you function now. They also see a worrying trend: people have started accepting discomfort as normal. Fatigue, burnout, poor sleep and inflammation often become a part of one's identity. Their science team views these as early signals. "The body always whispers before it screams," they said. Deep Holistics helps people notice these whispers before they become crises.

Most users begin with small, personalised interventions like a supplement routine that matches their actual deficiency. Many notice improvements within weeks, and objective changes follow over months. What keeps them consistent is clarity. When people know why something matters and can see progress, they naturally stay committed.



And this brings us back to December. It is the month of resets. People set resolutions because they want a fresh start, then abandon them because they lack a clear baseline. As the team put it, "Without clarity, setting a goal is like writing on water." Whether someone is entering the new year with stress, burnout or simply the desire to feel different, the first step is understanding where they stand today.

This New Year, before you choose what to fix or change, pause and listen. Your body already knows what it needs. Deep Holistics helps you hear it more clearly.

**If you'd like to explore their offerings or speak with their team, just reach out to your Lifestyle Manager and they'll guide you from there.**



Make Time for More

