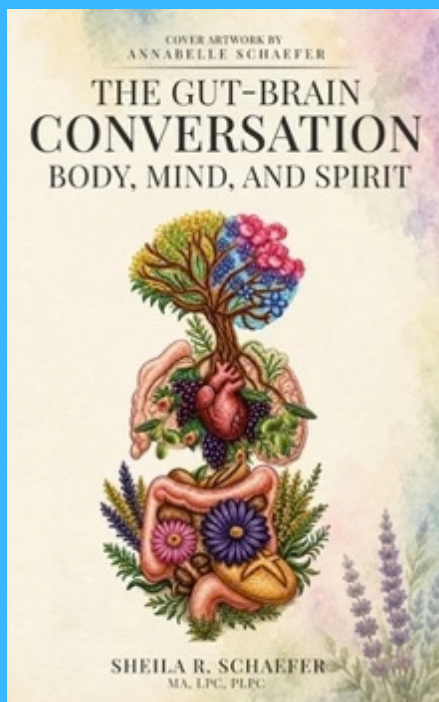
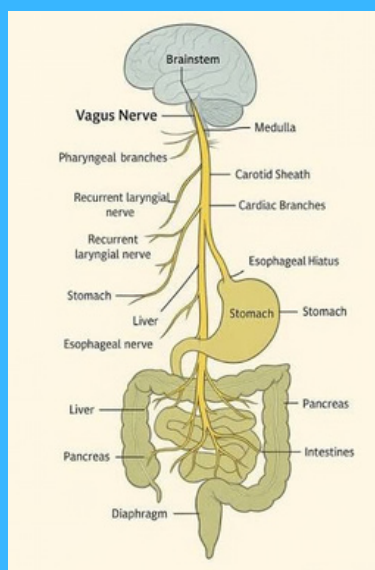




ABOUT THE AUTHOR:

Sheila “Shay” Schaefer is a licensed mental-health provider, trauma-informed therapist, author, speaker, and former U.S. Navy service member whose work integrates neuroscience, nutrition, and Christian formation. As one of the first women to serve aboard a combat vessel, she learned firsthand the power of resilience, presence, and steady leadership—lessons that continue to shape her

approach to whole-person healing. She is the author of *The Gut-Brain Conversation* and is known for translating complex science into practical, grace-filled tools that help individuals and families rebuild safety, connection, and nourishment. Shay brings clinical expertise and faith-centered compassion to her work as a therapist, educator, mother, grandmother, and advocate for trauma-informed care in homes, churches, and communities.



1. in through your nose. Hold for a count of four. Out through your mouth.
 2. in through your nose. Hold for a count of four. Out through your mouth.
 3. In through your nose Hold for a count of four. Out through your mouth.
 4. in through your nose holds for a count of four. Out through your mouth.
 5. In through your nose. Hold for a count of four and out through your mouth.
- Now. Your thinking brain is back in control. And you can think before you react.

FREE

REGISTER
NOW