

October 2026

Social Media Caption Set

These captions are provided to support clear, professional communication. You may use them as written or adapt them to reflect your clinic voice and client base.

Post #	Topic / Hook	Date / Timing	Description / Key Message
1	Hello October	October	Encouraging self-check-ins during seasonal changes, highlighting how DuoPody© Reflexology supports nervous system balance and homeostasis.
2	Hacking the Vagus Nerve via the Feet	October	Exploring the gut-brain axis and vagus nerve, and how structured reflexology helps slow down the body into a "rest and digest" parasympathetic state.
3	Resetting the Central Nervous System	October	Addressing the inability to switch off under pressure, providing dedicated time for stillness to help transition out of heightened alertness.
4	Calming Overactive Adrenals	October	Explaining the role of the endocrine system and adrenal glands in stress responses, offering time away from demands through targeted reflex points.
5	Stress Recovery	October	Outlining the physical manifestations of stress across body systems and how DuoPody© Reflexology offers permission to stop and recover.
6	Stress Awareness Month	October	Highlighting how stress affects everyday body functions and emphasizing that self-care often means taking time to pause and do less.
7	World Mental Health Day	10 October	Connecting physical and mental wellbeing on World Mental Health Day, offering dedicated time to pause and care for physical health.
8	OCD Awareness Week	13 - 19 October	Raising awareness for OCD and offering a restful, demand-free space to help support the body's response to mental and emotional stress.
9	World Menopause Day	18 October	Discussing how hormonal shifts affect the endocrine and nervous systems during menopause, and how reflexology supports relaxation and balance.
10	Dyslexia Awareness Week	5 -11 October	Discussing how neurodiversity and cognitive overload affect the nervous system during everyday tasks, and how DuoPody© Reflexology supports rest and mental recovery.



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Post #1: Hello October

 **October**

Hello October! 🍂✨

As the seasons change, it's a good time to check in with yourself.

Are you sleeping well? 😴

Are you carrying tension?

Do you feel like your mind and body are constantly "on"? 🧠⚡

Your autonomic nervous system is constantly working in the background, regulating things such as heart rate, breathing, digestion and your response to stress.

When life becomes busy or demanding, we can spend a lot of time in the sympathetic "fight or flight" state. The parasympathetic nervous system has a different role, supporting rest, digestion and recovery. 🌿

DuoPody© Reflexology uses specific reflex points on both feet simultaneously, with the aim of encouraging relaxation and supporting the body's natural movement towards balance and homeostasis. 🦶

October is a lovely time to make a little more space for yourself.

If your body could do with some time and attention, get in touch to book your DuoPody© Reflexology session. ❤️✉️

#DuoPody #ClinicalReflexology #Reflexology #OctoberWellness #AutumnWellness
#NervousSystem #SelfCare



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Post #2: Hacking the Vagus Nerve via the Feet

 **October**

Ever noticed what happens to your digestion when you're stressed? 🧠🌿

Your brain and digestive system are in constant communication through the gut-brain axis. One important part of this communication network is the vagus nerve, which carries signals between the brain and many organs, including the digestive tract.

When we're under pressure, sympathetic "fight or flight" activity can affect digestion, breathing, heart rate and muscle tension. ⚡

The parasympathetic nervous system supports the body's "rest and digest" state. You might notice this during deep relaxation, your breathing slows, your muscles soften and your stomach may even start to gurgle. 😊

DuoPody© Reflexology works with specific reflex points on both feet simultaneously as part of a structured treatment designed to encourage relaxation and support the body's natural regulatory processes. 👣

It's not about "switching off" your nervous system.

It's about creating time and space for your body to slow down.

If your nervous system could do with some time to unwind, get in touch to book your session. ❤️✉️

#DuoPody #ClinicalReflexology #VagusNerve #GutBrainConnection
#ParasympatheticNervousSystem #NervousSystem #Reflexology



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Post #3: Resetting the Central Nervous System

 **October**

Do you ever feel exhausted but still unable to switch off? 🧠💤

Your nervous system doesn't simply stop working when you rest. Your autonomic nervous system is continuously regulating processes such as breathing, heart rate, digestion and your response to stress.

When we're under prolonged pressure, the body can spend more time in a state of heightened alertness.

The sympathetic nervous system is associated with "fight or flight"; increased alertness, muscle tension, faster heart rate and changes in digestion.

The parasympathetic nervous system supports the opposite side of the equation: "rest and digest", relaxation and recovery. 🌿

DuoPody© Reflexology uses specific reflex points on both feet simultaneously, creating dedicated time for stillness and relaxation. 🦶

Sometimes your body needs more than being told to "relax".

It needs the opportunity to actually slow down.

If you'd like to experience DuoPody© Reflexology for yourself, get in touch to book. ❤️✉️

#DuoPody #ClinicalReflexology #AutonomicNervousSystem

#ParasympatheticNervousSystem #StressRelief #Reflexology



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Post #4: Calming Overactive Adrenals

 **October**

When you experience stress, your body responds.

The adrenal glands are part of the endocrine system and produce hormones including cortisol and adrenaline, which are involved in the body's stress response. 🧠⚡

This response is completely normal and plays an important role in helping us respond to challenges.

The problem is that modern life can sometimes leave very little opportunity for genuine recovery.

Your endocrine system works closely with your nervous system, helping coordinate many of the body's functions.

In reflexology, the adrenal reflexes form part of a wider treatment approach that considers the endocrine and nervous systems alongside other body systems. 🦶

A reflexology session can also provide valuable time for stillness and relaxation, supporting the body's transition towards the parasympathetic "rest and digest" state. 🌿

It's not about "fixing" or switching off your adrenal glands. It's about giving your whole body some time away from constant demands.

If you've been feeling like you're running on empty, get in touch to book your DuoPody© session. ❤️✉️

#DuoPody #ClinicalReflexology #AdrenalGlands #EndocrineSystem #StressManagement #NervousSystem



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Post #5: Stress Recovery

 **October**

Stress doesn't just happen in your head.

Your body's stress response involves a complex interaction between the nervous system, endocrine system and many other systems throughout the body. 🧠🌿

You might notice the effects physically:

- Tense muscles
- Changes in breathing
- Racing thoughts
- Digestive changes
- Poor sleep
- Feeling constantly "on"
- Feeling physically and mentally exhausted

When the sympathetic nervous system is activated, the body prioritises dealing with a perceived threat.

The parasympathetic nervous system helps support the body's "rest and digest" state, when breathing can slow, muscles can relax and digestive activity can increase. 😌

DuoPody© Reflexology works with specific reflex points on both feet simultaneously, while providing dedicated time away from everyday demands. 🦶

Sometimes recovery starts with simply giving your body permission to stop.

If life has been feeling particularly full-on, make some time for yourself. ❤️

Message me to book your DuoPody© Reflexology session. 

#StressRecovery #DuoPody #ClinicalReflexology #NervousSystem
#ParasympatheticNervousSystem #Reflexology



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Post #6: Stress Awareness Month

 **October**

Stress is more than a feeling.

When we're stressed, the body's stress response involves the autonomic nervous system and endocrine system, including hormones such as cortisol and adrenaline. 🧠⚡

This can influence many everyday functions, including:

- 😴 Sleep
- 🌿 Digestion
- ❤️ Heart rate
- 💨 Breathing
- 💪 Muscle tension
- ⚡ Energy levels

The autonomic nervous system has two important branches involved in balancing these responses.

The sympathetic nervous system is associated with “fight or flight”, while the parasympathetic nervous system supports “rest and digest”.

DuoPody© Reflexology works with specific reflex points on both feet simultaneously, while creating dedicated time to slow down and relax. 🦶

Looking after yourself isn't simply about doing more things to improve your wellbeing.

Sometimes it's about doing less.

Taking a moment to pause, breathe and allow your body some time away from constant demands can be valuable. ❤️

If you've been feeling the effects of stress, get in touch to find out more about DuoPody© Reflexology. ✉️🦶

#StressAwareness #StressManagement #DuoPody #ClinicalReflexology #NervousSystem
#ParasympatheticNervousSystem



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Post #7: World Mental Health Day

 10 October

Today is World Mental Health Day. ❤️

Our mental and physical wellbeing are closely connected.

When life feels stressful or overwhelming, we can notice physical changes too — from disrupted sleep and muscle tension to changes in digestion, breathing, energy and how settled we feel. 🌿

The autonomic nervous system plays an important role in this.

It regulates many functions we don't consciously control, including heart rate, breathing and digestion.

The sympathetic nervous system is associated with the body's stress response, while the parasympathetic nervous system supports rest, digestion and recovery. 🧠✨

A DuoPody© Reflexology session provides dedicated time to pause, switch off from everyday demands and encourage relaxation. 🦶

Reflexology isn't a treatment or cure for mental health conditions, but taking care of your physical wellbeing can be one part of looking after yourself as a whole.

So today, take a moment to check in with yourself.

How are you really doing?

And if you've been putting yourself at the bottom of the list, perhaps it's time to make a little space for you. ❤️

If you'd like to experience DuoPody© Reflexology for yourself, get in touch. ✉️🦶

#WorldMentalHealthDay #MentalHealthAwareness #DuoPody #ClinicalReflexology
#NervousSystem #MindBodyWellbeing #SelfCare



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Post #8: OCD Awareness Week

 11 -17 October

OCD is often misunderstood.

For someone living with obsessive-compulsive disorder, intrusive thoughts, fears and compulsions can take up a huge amount of mental and emotional energy. 🧠💭

OCD Awareness Week is an opportunity to learn more, challenge misconceptions and encourage greater understanding and compassion. ❤️

Reflexology isn't a treatment or cure for OCD, but creating opportunities for relaxation can form part of a person's wider approach to wellbeing.

The autonomic nervous system is involved in the body's response to stress.

The sympathetic nervous system is associated with "fight or flight", while the parasympathetic nervous system supports "rest and digest". 🌿

During a DuoPody© Reflexology session, specific reflex points on both feet are worked simultaneously while you have dedicated time to pause and relax. 🦶

For some people, simply having an hour where nothing is being asked of them can feel incredibly valuable.

If you're looking for some time to slow down, breathe and unwind, get in touch to find out more about my sessions. ❤️✉️

#OCDAwarenessWeek #OCDAwareness #DuoPody #ClinicalReflexology #NervousSystem
#MentalHealthAwareness #Reflexology



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Post #9: World Menopause Day

 18 October

Menopause isn't just about hot flushes. 🔥

During perimenopause and menopause, changing hormone levels can affect many aspects of everyday life, including:

- 😴 Sleep
- 🧠 Concentration
- ⚡ Energy
- 🌡️ Temperature regulation
- 💬 Mood
- 🌿 Digestion

These changes involve the endocrine system, the body's network of glands and hormones, which works closely with the nervous system.

The hypothalamus, for example, plays an important role in both hormone regulation and temperature control.

Hormonal changes can also influence how the nervous system responds to stress, making rest and recovery particularly important during this stage of life.

DuoPody© Reflexology includes reflexes associated with the endocrine and nervous systems, alongside other areas of the body. 🦶

A treatment also provides dedicated time to pause, relax and support the body's natural shift towards its parasympathetic "rest and digest" state. 🌿🧘

If you're navigating perimenopause or menopause and would like some time that's just for you, get in touch about a DuoPody© Reflexology session. 🌸✉️

#WorldMenopauseDay #MenopauseSupport #Perimenopause #DuoPody
#ClinicalReflexology #EndocrineSystem #NervousSystem



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Post #10: Dyslexia Awareness Week

 5 - 11 October

Dyslexia isn't simply about reading and spelling.

For many people, processing information, concentrating, reading, organising thoughts and navigating environments that aren't designed around different ways of thinking can require considerably more mental effort. 🧠💬

That extra cognitive load can leave you feeling mentally tired or overstimulated.

And when we're already overloaded, the body's stress response can become more noticeable too.

The autonomic nervous system helps regulate our response to stress, while the parasympathetic nervous system supports rest, digestion and recovery. 🌿

A DuoPody© Reflexology session gives you dedicated time away from screens, information, decisions and everyday demands.

🧑 You don't have to process anything.

🧑 You don't have to achieve anything.

You can simply lie back, breathe and let someone else take care of you for a while. 🦶✨

Different brains may need different kinds of rest, and sometimes, rest means having permission to stop. ❤️

If your mind has been working hard and you could use some time to slow down, get in touch to book your DuoPody© Reflexology session. ✉️🦶

#DyslexiaAwarenessWeek #DyslexiaAwareness #Neurodiversity #DuoPody
#ClinicalReflexology #NervousSystem #Reflexology



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