

# Regulating your Nervous System

## 1 Cold shower

Splashing face with cold water or an icepack are alternatives

## 2 Sensory Deprivation Shower

Lights out in the shower to reduce overstimulation.

## 3 Stretching

Any type of stretching, whatever feels comfortable.

## 4 Go out in nature

Touch nature, go for a walk, take in the beauty.

## 5 Observe the outdoors

Watch the clouds, trees or wildlife. Focus on the sounds.

## 6 Foam Roll

Promotes relaxation and reduces muscle tension.

## 7 Humming

Try humming a deep VUU sound.

## 8 Tapping

Try tapping your collarbone, side of eye, or chin lightly.

## 9 Sunlight

Sunlight impacts our mood! Get some sun when possible.

## 10 Heat pack or tea

Use the heat to ground by focusing on the sensation.

## 11 Self hug

Give yourself a big hug, breathe and remind yourself this will pass.

## 12 Positive visualisation

Imagine a safe space, that has all your favourite sights, sounds and smells.

## 13 Meditation audio

Many options here, guided meditation, body scan medication, guided hypnosis, calming audio.