

QUICK NERVOUS SYSTEM HACKS

to Ground and Calm



4-2-6 Breathing. Longer exhales soothe the nervous system



Splash cold water or take a brisk cold shower



Step outside for deep breaths



Suck on a sour candy or lemon wedge



Shake it out or have a quick dance break



Feel your body connect to the floor or seat



Try a butterfly hug (alternate taping left and right)



Connect with someone. Laughter helps.



Go for a walk

FROM: THE CALM PLACE