

# **THE CHILL**



# **KIT**

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**HEALING OF TROY**



# 🌙 The 20-Minute Nervous System Reset Routine for Families

A Somatic Wellness Ritual for Restorative Sleep, Emotional Regulation, and Connection

Why It Matters

Today's world moves fast—too fast for young nervous systems still learning to process emotions, stimulation, and stress. This simple nightly routine helps families shift from “fight or flight” into “rest and digest” using breath, touch, sound, and presence.

When practiced regularly, this 20-minute ritual can support:

- Calmer bedtimes and deeper sleep
- Emotional regulation in children (and adults!)
- Family bonding and co-regulation
- Digestion, focus, and a sense of safety

Element	Body System Activated	Benefit
Breathwork & Tapping	Vagus Nerve	Lowers heart rate, calms anxiety
Abdominal Massage	Enteric Nervous System	Improves digestion & emotional clarity
Acupressure	Energy Meridians & Muscles	Releases tension, grounds excess energy
Sound Therapy	Auditory Cortex & Brainwaves	Promotes theta waves for deep rest
Aromatherapy	Olfactory System & Limbic Brain	Soothes emotional centers, enhances safety
Gratitude Circle	Mirror Neurons & Social Engagement	Boosts serotonin, supports empathy

## 🌿 The Routine at a Glance

### 🕯️ 1. Set the Space (1 Minute)

Create a calming environment.

- Dim lights or light a candle
- Diffuse lavender or chamomile oil (or apply a diluted blend)
- Use quiet voices and slow movements

Lavender oil can reduce anxiety and improve sleep.

### 👣 2. Grounding Breath + Gentle Body Tapping (3 Minutes)

Downshift the nervous system with breath and movement.

1. Sit or lie comfortably.
2. Place one hand on chest, one on belly.
3. Inhale through nose (4 sec) → Hold (2 sec) → Exhale through mouth (6 sec)
4. While breathing, gently tap chest, arms, legs, and rib sides with fingertips.

Deep breathing and tapping stimulate the vagus nerve, calming the body.



### 👐 3. Abdominal Massage (4 Minutes)

Soothe digestion and emotional tension.

1. Lie down with knees bent.
2. Use warm hands and coconut oil or lotion.
3. Massage clockwise in circles around the navel.
4. Say calming affirmations: “You are safe.” / “We are calm together.”

Massage helps release cortisol and activates the gut-brain connection.

### 🌸 Complete the Circuit: Rest & Regulation

### 🌿 4. Acupressure for Calm (4 Minutes)

Use gentle pressure (1 minute per point):

- Yin Tang (forehead): Quiets mental chatter
- Pericardium 6 (wrist): Soothes anxiety
- Kidney 1 (foot): Grounds energy
- Stomach 36 (leg): Boosts vitality and reduces stress

These points help regulate energy and support deep rest.

### 🔔 5. Sound Therapy (4 Minutes)

Use healing frequencies or a singing bowl.

- Play 432 Hz or 528 Hz tones (available on YouTube)
- Sit or lie down with eyes closed
- Focus on the sound and breathe slowly

Sound entrains the brain into calm, restful states.

### 🧘 6. Gratitude Circle (2 Minutes)

End with heart-centered reflection.

- Sit close together and hold hands
- Each person shares one thing they're grateful for
- Close with a family mantra: “We are safe. We are loved. We are calm.”

Gratitude promotes connection and emotional resilience.

### 💛 Bonus: Essential Oils (Optional)

Apply diluted oils to temples, wrists, or feet:

- Lavender: Relaxation
- Roman Chamomile: Soothes irritability
- Frankincense: Eases overwhelm

Note: Always dilute for kids; avoid peppermint or eucalyptus for under age 6.

### ✨ Final Thoughts for Parents

- Don't aim for perfection—aim for presence.
- Let it be playful and gentle.
- Adapt based on your child's mood and needs.
- This is not just a bedtime routine—it's a foundation for lifelong emotional wellness.

When we regulate together, we heal together.