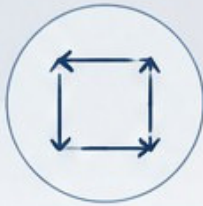


Favorite Nervous System Regulation Tip

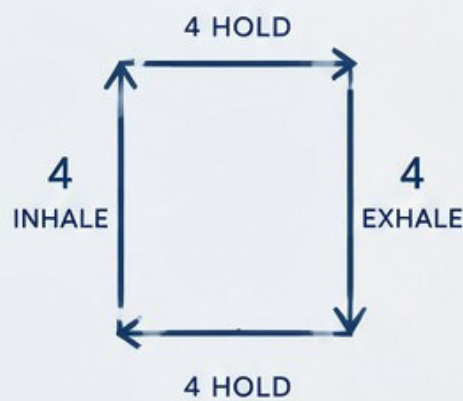
Learn a few breathing techniques
you can use anywhere.



Simple breathwork can help calm
your mind, regulate your body,
and support a sense of safety.



1. BOX BREATHING



Repeat 4–6 times.



2. 4-6 BREATHING



A longer exhale can help
activate the body's
relaxation response.



3. HAND-ON-HEART BREATHING



Place one hand on your chest
and one on your belly.
Take slow, gentle breaths.
Focus on safety and calm.



Use these techniques anywhere:



At work



In the car



Before bed



During a
stressful
conversation



While waiting
in line



With
children



Small moments of regulation
practiced consistently can
make a big difference over time.

You've got this. ♥