

7 Quick Tips to

Regulate Your Nervous System

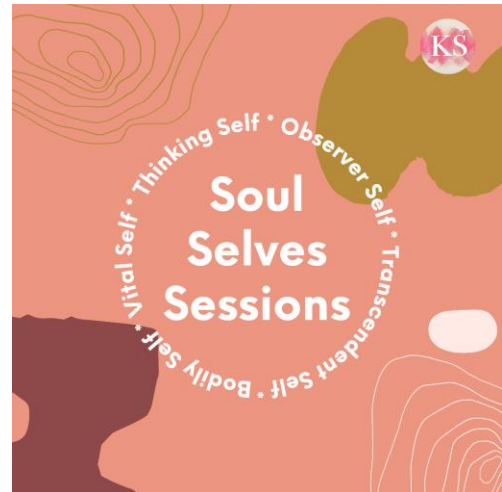
Smile :)

Short term: When smiling doesn't come naturally, take a pencil and put it in your mouth horizontally. This will mimic the facial motions of a smile and prompt your brain to release feel good endorphins and serotonin.

Long term: Find more opportunities to laugh! Watch funny movies, T.V. shows, or videos instead of watching the news. Read funny books, or spend more time with people who truly make you smile.

Smiling improves your mood and helps to reduce stress, lower blood pressure, and supports a healthy immune system by reducing cortisol.

Have you seen [Coxy.offical on Facebook](#)? His misheard lyrics reels are hilarious.



EMDR

Short Term: With your eyes open or closed, move your eyes rapidly and rhythmically from left to right. Do this for at least seven seconds. This is called Eye Movement Desensitization and Reprocessing or Bilateral Eye Movement Therapy.

Long Term: This movement activates both hemispheres of the brain as well as stimulates the extraocular muscles and sinuses. Another method is to place the bottoms pads of your hands on your closed eyes to create pressure.

Listen to Bilateral Music Therapy [here](#).

Yawn

Short term: Fake or real, yawning suppresses the sympathetic nervous system and activates the parasympathetic nervous system signalling a relaxed state.

Long Term: Singing, chanting, humming, gargling, and yawning all stimulate the vagus nerve which is connected to the vocal chords. This signals the body to switch to a state of rest and digest.

Keep singing in the shower!
(Showers are also a great way to get into a parasympathetic state.)

Breathwork

Short term: Simply close your right nostril and breath only through your left nostril for 3-4 deep breaths. This signals your body to switch into the parasympathetic nervous system.

Long Term: When you are having a difficult time falling asleep or falling back to sleep in the middle of the night, try lying on your right side.

This puts your left nostril higher than the right and signals your body to move into a rest state.

You will be able to feel movement in your sinuses which indicates your body responding to your cue to sleep.

Getting a good night's sleep is one of the greatest factors to maintaining a regulated nervous system.

Chew Gum

Short term: Chewing gum has been proven to help alleviate anxiety by increasing activity in the prefrontal cortex which creates an increase in feelings of relaxation.

Long Term: It also has the benefit of boosting attention, decreasing stress, and improving memory.

Next time you feel a bit anxious, grab yourself a Juicy Fruit and chew your way out of fight or flight and into rest and digest.

Get Upside-Down

Short term: Touch your toes/put your head between your knees/do a cartwheel or a handstand. When you invert your body the movement of blood to your head stimulates the nervous system to switch from the sympathetic to the parasympathetic.

Long term: Yogis have long been practicing inversion asanas to help with mood stabilization, mental health, hormone regulation, and a reduction in anxiety and depression. They are also helpful to relieve headaches, release endorphins, and improve concentration as well as many other health benefits.

Touch Your Lips

Short term: Gently rub your fingers across your lips. There are parasympathetic fibers in your lips that are stimulated by this gentle touch. Bring your awareness to the calming sensations.

Long term: Soothing touch, hugging, cuddles, and massage all release feel good chemicals in your body like oxytocin. So get close to your loved ones and your pets and have an anti-inflammatory good time!

For more information go to www.kerriscott.com