

HELPING YOUR NERVOUS SYSTEM SETTLE

Simple ways to support regulation when your body feels stressed or overwhelmed.

Stronger people. Kinder systems. A brighter tomorrow.

People Heal in Connection

1 Start with the body

Regulation often **begins with the body**, not with thinking harder.

When we feel stressed or overwhelmed, our nervous system shifts into a state of high alert. Before we can think clearly, we need to help our body feel safer. Physical care, gentle movement, and soothing sensations can signal to the brain that it's okay to calm down.



2 Ground through the senses

Your senses can help bring you back to the present moment and out of a spiral of worry.



Look around and name 5 things you see.



Hold something cool or textured.



Sip a warm drink and notice the feeling.



Listen for calming sounds.



Notice your feet on the floor and feel the support beneath you.

Your senses can anchor you here.

3 Support your breath and body

Movement and breath can help shift your nervous system from a state of alarm to a state of greater ease.



Try a slower exhale (e.g.: breathe in for 4, exhale for 6).



Gentle stretching can release tension.



Take a walk or move your body in a way that feels good.



Shake out tension (gently shake your hands, arms, or body).



Splash cold water on your face or hold something cold.



Rest when you can. Your body recovers in stillness too.

5 Make it easier on hard days

When your nervous system is activated, life can feel more challenging. Be extra gentle with yourself.



Reduce demands where you can.



Do one thing at a time.



Use reminders (e.g., notes, alarms, visual cues).



Eat and hydrate to support your body and brain.



Ask for help. You don't have to do it alone.



Choose self-compassion over pressure.

Hard days don't mean you're failing. They mean you're human.

A reminder

Regulation is not about being perfectly calm. It is about helping your body feel safer and more supported.

Progress over perfection always.

4 Create safety cues

Small, consistent cues can help your nervous system recognize that you are safe now.



Build routines.



Keep predictable spaces.



Lower stimulation when you need it.



Use gentle music.



Comfort items or soft blankets.



Natural light can lift your mood.



Time outside can be regulating.



Be with supportive people.

Safety doesn't have to be perfect. It can be created in small, everyday ways.

Regulation ideas to try

Different things work for different people. Here are some ideas to explore:



Breath

Slow, steady breathing



Movement

Stretch, walk, dance, shake



Grounding

Use your senses to feel present



Warmth

Warm drink, blanket, bath



Cold

Cold water, cool face, ice



Hydration

Water, herbal tea, regular meals



Connection

Reach out, be with others



Rest

Pause, nap, quiet time

Build your own settle plan

What helps you feel more regulated? Use these prompts to get started.

1. What helps my body?

2. What helps my mind?

3. Who helps me feel safe?

Small steps make a big difference.