

Nervous System Reset Techniques

Why it Works:

- Chronic stress dysregulates the nervous system, keeping the body in fight-or-flight mode.
- These techniques activate the vagus nerve, restoring a sense of calm and balance.

Techniques for Immediate Calm:

- ✓ Vagus Nerve Stimulation:
 - Humming, Chanting "Om", or Singing (activates the vagus nerve).
 - Cold Water Splash on the Face (signals the body to shift into relaxation mode).
- ✓ Somatic Shaking Exercise:
 - Shake the body gently for 1-2 minutes, allowing built-up stress energy to release.
- ✓ Self-Havening Technique:
 - Cross arms over your chest and gently rub your upper arms while recalling a calm, safe memory.

Pro Tip: Use these techniques before bed, after stressful interactions, or whenever you feel emotionally stuck.