

10 Natural Ways to Reset Your Nervous System

A Holistic Reset by Holistify Me, LLC



Relaxing and resetting the nervous system is essential for overall health and emotional balance. When the body stays in a constant state of stress, it disrupts sleep, digestion, immunity, and even mental clarity. By calming the nervous system, you shift out of “fight or flight” and into “rest and repair,” allowing your body to heal, your mind to refocus, and your spirit to feel safe. It’s not a luxury—it’s a vital part of holistic wellness and sustainable living.

Here’s a few natural ways to rest your nervous system:

1. Deep Belly Breathing

Slow, deep breathing signals safety to the brain. Try inhaling for 4, holding for 4, and exhaling for 6.

Practice for 5–10 minutes daily to ground your system and bring you back into balance.

2. Cold Exposure

Cold therapy stimulates the vagus nerve and lowers inflammation.

Try rinsing your face with cold water or finishing your shower with 30 seconds of cold water.

3. Grounding (Earthing)

Walking barefoot on natural surfaces helps neutralize built-up stress in the body.

Spend 10–30 minutes walking barefoot on grass, dirt, or sand.

4. Gentle Movement

Yoga, tai chi, and light walking help reduce cortisol and regulate the nervous system.

Trauma-sensitive movement can be especially healing—slow, present, and kind.

5. Vagus Nerve Stimulation

Stimulate your body's relaxation system by:

- Humming or chanting
 - Gargling
 - Singing
 - Splashing cold water on your face
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6. Nutrition That Calms

Nourish your nervous system with:

- Magnesium-rich foods (leafy greens, seeds)
 - Omega-3s (chia seeds, walnuts)
 - B vitamins (whole grains, legumes)
- Avoid processed, sugary, or inflammatory foods when possible.
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7. Limit Stimulation

Too much sensory input can overload your system.

Turn off notifications, lower screen time, reduce noise, and schedule quiet, tech-free moments daily.

8. Touch & Connection

Safe, nurturing touch releases oxytocin and signals safety to your brain.

Hug someone, get a massage, or place your hand gently on your heart.

💜 9. Nature Therapy

Time in nature helps calm your body and lower cortisol.

Try:

- Forest bathing
 - Sitting under a tree
 - Gardening
 - Listening to the sounds of nature
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💙 10. Journaling & Emotional Release

Get your emotions out. Write them, move them, or express them.

Dance, shake, cry, or free-write—whatever helps you process and release.

💜 Your Nervous System Deserves Safety

Resetting is not about perfection—

It's about returning to peace.

One breath, one choice, one moment at a time.

With love,

Holistify Me 💜 🌿