

Nourish Your Nervous System

~Your body thrives on rhythm, not perfection.



Simple routines help create a sense of predictability & safety.

Commit to consistency: waking & eating consistently, getting sunlight daily, &/or winding down intentionally

These practices help: calm stress hormones, improve digestion/metabolism, support focus/emotional balance/presence, & strengthen your body's ability to handle stress

Nervous system regulation brings harmony back to your internal orchestra, helping you move from constant alertness into a steadier, more centered rhythm.

12 Simple Ways to Reset Your Nervous System

- 1. Breath Reset: (Longer Exhale):** Inhale for 4, exhale for 6 or more. Longer exhales activate the parasympathetic (rest-&digest) system & calm the mind quickly. (Alternatively, the 4 inhale-7 pause- 8 exhale breath is impactful as well!)
 - 2. Grounding with Nature:** Step outside; feel your feet on the ground. Notice yourself rooting down. Breathe in, pulling energy up from the earth. Exhale & “dump out” anything heavy. Intentionally notice what you see, hear, & feel around you. Even 2–3 minutes with trees, fresh air, or the sky can regulate your system.
 - 3. The “Hand on Heart” Pause:** Place your palm over your heart & take 3 slow breaths. Feel the warmth & pressure. This activates your vagus nerve and reduces cortisol. (Adding the other hand to the belly can increase calm results.)
 - 4. “Shake It Out” Reset:** Neurogenic Tremoring is how animals shake their bodies to discharge excess stress. Humans can benefit from the same thing! A 10–20 second shake or wiggle resets tension & reboots your system.
 - 5. Havening Touch:** Gently stroke your upper arms from shoulders to elbows. This soothing touch helps shift your brain & nervous system into a calmer state. Alternatively, you can hug yourself & rock back & forth.
 - 6. Progressive Muscle Relaxation (PMR):** Slowly tense & release different muscle groups from head to toe. This helps discharge accumulated tension & signals safety to the body.
 - 7. The Quick Body Scan:** Pause, scan from toes to forehead & ask: *What sensations are here right now? Where can I soften & invite more relaxation?* Micro-releasing calms the whole system.
 - 8. Temperature Shift:** Splash cold water on your wrists or face or hold a cool towel. Temperature changes can interrupt spiraling stress & help the body reset.
 - 9. Sensory Anchor:** Use a calming sensory cue—lavender oil, a warm mug, soft fabric, or your favorite playlist. Anchoring through the senses brings you back to the present.
 - 11. The “One-Minute Reset”** Close your eyes or soften your gaze & breathe gently for 60 seconds. No need to control the breath- simply observe. Even this tiny pause can shift your whole physiology.
 - 12. Rhythmic Activity:** Rocking in a chair, swaying, dancing, or walking at a steady pace resets your internal rhythm.
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Your Nervous System Needs Nurturing, too. None of these practices require perfection — just presence. Choose one or two to weave into your tools to let your system feel supported, steady, & safe.