

Nourish Your Nervous System

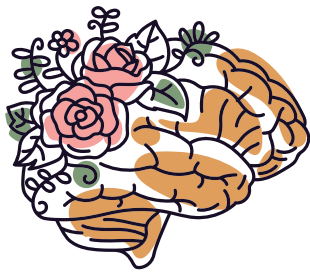
Your nervous system thrives on intentional moments of rest, movement, connection, and reflection. Explore these nourishing activities as invitations to slow down, listen inward, and support your well-being from the inside out.

Grounding & Regulation

- **Practice deep breathing exercises-** Remember to breathe in through your nose and out through your mouth, filling your lungs with air. 90 seconds of deep breathing helps to regulate our nervous system.
- **Do gentle stretching or yoga-** Do not push yourself. Simple stretching can help us check-in with our bodies and notice tension.
- **Take a warm bath or shower-** Add a bath bomb, bubbles, or essential oils to further promote relaxation.
- **Put cold water on your face or wrists-** Cold water helps activate our vagus nerve. By placing cold water, ice cubes, or an ice pack on points of our body with major nerves, our nervous system will begin to calm.
- **Hold a warm mug of coffee or tea-** Heat can help our nervous system to relax and gives our body a calming sensory input.
- **Walk outside barefoot-** Walk around in the grass. Connect with the earth. This helps our bodies and nervous system feel grounded and connected to the world around us.

Restorative & Calming

- **Spend time in nature-** Being outside helps regulate our nervous system. This goes back to the very first humans that walked on Earth!
- **Take a mindful walk-** Notice the beauty around you. Identify the colors, textures, sounds, that bring you joy.
- **Aromatherapy-** Light your favorite candle, rub essential oils on your wrists or neck, get a lavender scented pillow or stuffed animal.
- **Listen to calming music or nature sounds-** This can help us focus and interrupt our stress response.
- **Do a body scan to release tension-** If you need examples, search for body scan meditations online. There are great examples available for free.



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Relational & Emotional

- **Set a boundary (it's okay to say no)**- Sometimes saying no is what our nervous system needs. Set boundaries around people and/or activities that tend to drain your energy.
- **Spend time with people you trust and that bring you joy**- Focus on those that fill your cup. Connecting with others helps us to build resilience.
- **Practice positive affirmations**- This may feel silly at first! However, affirmations are proven to rewire our brain.
- **Write about the things you are grateful for**- Writing down a few things we are grateful for when we wake up or when we go to sleep can help us acknowledge the ways in which life is going well. Even if these moments are small.

Creative & Expressive

- **Craft with your hands**- Try knitting, pottery, sculpting, painting, coloring etc.
- **Sing or hum**- Singing, humming, or even a loud sigh can help regulate our vagus nerve.
- **Practice journaling or expressive writing** - Whether you buy a specific journal with prompts or practice brain dumping, putting our thoughts on paper can help quiet our mind.
- **Dance to your favorite songs**- Dancing, shaking, or jumping to your favorite tunes can help our blood flow and nervous system!
- **Garden**- Putting our hands in dirt is proven to help our mental health and connect us with nature.
- **Read a book**- Whether it be reading or listening to an audio book, exploring different worlds is one of our oldest past times.