

HOW TO REGULATE YOUR NERVOUS SYSTEM (WITHOUT FORCING POSITIVITY)

- Breathe slowly, longer on the exhale.
- Put your bare feet on the ground.
- Let yourself feel what you feel—no fixing, just noticing.
- Do one thing with full presence, even if it's just washing your hands.
- Sip something warm and soothing, slowly.
- Hum or sing softly—your vagus nerve loves that.
- Stretch your body like you're waking up from a long nap.
- Rock gently back and forth—it's calming for your system.
- Name what you're sensing: what can you see, hear, touch?
- Cuddle something soft: a pillow, blanket, pet, or person.
- Place your hand on your chest and breathe into that space.
- Reduce input: turn off notifications, step away from noise.
- Gently tap your chest or arms—think of it as reassurance.
- Create rhythm: sway, walk, knit, drum, repeat something.
- Take a slow shower and let the water ground you.
- Say out loud: "I am safe right now."
- Watch the sky for a few minutes. No goal, just watch.
- Allow silence—no music, no talking, just you.
- Rest without needing to be productive.
- Remind yourself: regulation doesn't mean pretending to be happy.