

## Ways to Support Nervous System Regulation

Your nervous system responds to cues of safety and danger. Supporting regulation means offering it moments of grounding, rhythm, calm, and connection. Here are simple ways to support your system when you're feeling overwhelmed, anxious, or shut down:

- 🌿 Deep breathing — slow inhales and longer exhales.
- 🧘 Gentle movement — walking, stretching, rocking side to side.
- 💧 Drinking a glass of cold water slowly.
- 🦶 Grounding — feeling your feet on the floor or touching a textured object.
- 🖐️ Placing a hand on your heart or your belly.
- 🎵 Listening to calming or familiar music.
- 🌞 Spending time in nature or near natural light.
- 🗣️ Talking to someone who feels safe and supportive.
- 🧠 Doing something creative, repetitive, or rhythmic (like colouring, knitting, or journaling).
- 📝 Doing a small task that brings a sense of completion (e.g., tidying a drawer).
- 🕯️ Smelling a soothing scent — essential oil, favourite lotion, herbs.

- 📄 Remembering or noticing ‘glimmers’ — small moments that bring peace or joy.

