

# 8 SELF CARE HABITS TO REGULATE YOUR NERVOUS SYSTEM

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## HUMMING

Stimulates the vagus nerve and can lower blood pressure, and induce relaxation.

## GROUNDING

A simple practice of electrically reconnecting you to the earth by lying or stepping on the earth with bare feet.

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## WATER

Drinking adequate water with a pinch of sea salt for mineral replacement. Increase water consumption to be half your body weight in Ounces, per day.

## JOURNAL

Use this practice to release stressful thoughts, allowing your mind to be free. Write a mantra to repeat. Be thankful with gratitude statements.

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## COLD PLUNGE

Can reset your nervous system through stimulating the vagus nerve by acclimating to "fight or flight". Try immersing your body, or at least your face in icy cold water for under 3 mins.

## SUNLIGHT

Wake early enough to allow the morning sun on your face for 15-20 mins. without coverage. This will help improve sleep since it affects your natural circadian rhythm (sleep clock).

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## BE PRESENT

Otherwise called Mindfulness. This requires you to use your sensory system and meditation to connect your emotions to your physical state.

## BREATH WORK

A very important practice that involves different techniques and programs for reducing stress, among other benefits. Deep breaths with intentional changes in breathing patterns help to improve wellbeing.

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