

5 DAILY PRACTICES TO REGULATE YOUR NERVOUS SYSTEM



- **RESET YOUR BODY**
- **CALM YOUR MIND**
- **RECONNECT TO
YOURSELF**

Full Armor

1. SLOW MORNING BREATHING



**TAKE 2-5 MINUTES BEFORE
LOOKING AT YOUR PHONE**

- **ENHALE SLOW THRU THE
NOSE**
- **EXHALE LONGER THAN
THE INHALE**
- **SIGNAL SAFETY TO YOUR
NERVOUS SYSTEM**

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2. MORNING SUNLIGHT EXPOSURE



- **GET OUTSIDE WITHIN 1
HOUR OF WAKING**
- **EVEN 5-10 MINUTES
HELPS REGULATE
HORMONES AND
IMPROVE MENTAL
CLARITY**

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3. MOVEMENT EVERY DAY

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- **WALK, STRETCH OR
MOVE YOUR BODY**
- **YOU'RE NOT JUST
BUILDING FITNESS -
YOU'RE RELEASING
STORED STRESS**

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4. REDUCE INPUT OVERLOAD



- **LIMIT CONSTANT
SCROLLING AND
NOTIFICATIONS**
- **YOUR NERVOUS
SYSTEM NEEDS SPACE
TO RESET, NOT MORE
STIMULATION**

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5. EVENING DOWNSHIFT ROUTINE



- **DIM LIGHTS**
- **SLOW DOWN**
- **NO INTENSE
STIMULATION BEFORE
BED**
- **SIGNAL YOUR BODY
IT'S SAFE TO REST**

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