

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 your
phone.

Inhale slowly
through the nose.

Exhale longer
than the inhale.

Signal safety to
your nervous
system.

Full Armor

2 - Morning Sunlight Exposure

Get outside
within 1 hour of
waking.

Even 5–10
minutes helps
regulate stress
hormones
and improve
mental clarity.

Full Armor

3 - Movement
Every Day
Walk, stretch, or
train your body.
You're not just
building fitness

—
you're releasing
stored stress.

Full Armor

4 - Reduce Input Overload

Limit constant
scrolling and
notifications.

Your nervous
system needs
space to reset,
not stimulation.

Full Armor

5. Evening Downshift Routine

Dim lights. Slow
down.

No intense
stimulation
before bed.

Signal your body
it's safe to rest.

Mind • Body • Nervous System

Full Armor