



10 WAYS TO DIAL DOWN YOUR NERVOUS SYSTEM

Talking a Walk

Activating the right and left hemisphere through the strides will help calm the brain.

Deep Breathing

Deep Breathing induces the increased activity of the parasympathetic component of the autonomic nervous system.

Heart Rate Variability is doubled when you deep breathe.

Alternate Nostril Breathing (Nadi Shodhana)

Strengthens nervous system and deepens self-awareness

Progressive Muscle Relaxation

Tensing and releasing the muscles from toes to head

Lowered Blood Pressure

Reducing the body's need for oxygen and reducing fatigue

Control the Controllable

Gives a sense of order when you are feeling out of control

Organizing, donating items (waiting to bring it to a location in need), ect

Talk to someone about your feelings

Feelings will have less power over you

External processing vs. internal processing

Connect

Call people you haven't spoken to in quite some time.

Join our **Virtual Yoga Classes**

Join us on Sunday Nights at 8:30 for a **FREE Community Check In**

Write/Journal

Writing allows for you to take something internally and place it externally.

Listen to Music

Music naturally utilizes the pain pathways, so it will often reduce pain through competition.

Music wins!

Engage in a Anxiety Workshop

We will be hosting a 90 minute anxiety workshop

Here we will help dial down your nervous system and help you feel connected

