MICRO-PRACTICES FOR RESTORING THE NERVOUS SYSTEM

GENTLE DAILY PRACTICES TO FIND BALANCE AND CALM

These simple, sensory-based exercises are designed to help your nervous system shift into a more regulated state — no matter how busy your day is. Use them for yourself or share with others as a visual reminder to pause and reset.

Orienting Breath

- Your breath and eyes are tools for calming awareness. 30-60 seconds

Turn your head gently and look at the space you're in. Then take 3 slow, intentional breaths. Inhale through your nose, and exhale for longer through your mouth.

Co-Regulation Touchpoint

- Safety can be sensory, imagined, or remembered. 1-2 minutes

Connect with someone safe, or think of a memory of connection. Place your hand over your heart, hold a favorite object, or recall a grounding relationship

Visual Anchor

- Let your eyes settle and soften. 1-2 minutes

Look at something natural, soft, or meaningful. Let your gaze rest without needing to analyze.

Grounded Stillness

- Try placing both feet on the floor or your hands on your belly to deepen the sense of grounding. 1-2 minutes

Sit or lie down and let your body rest into the surface beneath you. Notice your weight. Feel gravity. Let your muscles soften and your breath slow.

Slow, Deep Sound

- Choose music with steady rhythm and no sharp shifts. 2-3 minutes

Hum a low, soothing tone, or listen to calming, rhythmic music. Sound can cue safety and support vagal regulation. Feel the vibration in your chest or throat.

Music-based listening programs are clinical, evidence-based tools designed to create meaningful and lasting change in you.

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