

Small Signals That Help the Nervous System Settle



Five simple practices for nervous system support



1. Try a longer exhale

Inhale gently through your nose. Exhale a little longer than you inhale. Even a few slow breaths can create a pause and give the body a chance to soften.



2. Use the physiological sigh

Take one inhale, add a second small inhale, then release one long exhale. This can be a quick reset when stress is building.



3. Hum, sing, or make sound

Humming, singing, chanting, or even a long audible exhale can help bring attention back into the body and support a sense of grounding.



4. Move gently

Walking, stretching, yoga, or other gentle movement can help discharge some of the stress that builds throughout the day.



5. Keep it small

Nervous system support does not need to become another assignment. The goal is repetition, gentleness, and curiosity.

*Your nervous system does not need to be forced into calm.
Often, it only needs consistent reminders that it is allowed to return there.*

