

Nervous System Soothe Guide

Simple tools for real life.

A practical guide packed with simple tools you can use in real life — especially when you feel overwhelmed, wired, anxious, or depleted. Choose one tool, try it for 60 seconds, and feel your system begin to soften.

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Quick tools to help you come back to center — anytime.

Use this guide as a menu. Pick one tool. Try it for 30–120 seconds. Repeat as needed.

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How to Use This

Start here

1	2
Ask: What do I need most right now? Calm / Relief / Clarity / Energy / Grounding	Pick one tool From the pages that follow.
3	4
Do it for 60 seconds.	Notice Is my body even 5% softer? If yes, repeat. If no, choose a different tool.

Tiny truth: Consistency beats intensity.

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Quick Resets (30–90 seconds)

1	2
Physiological Sigh (fast relief) Inhale through the nose... pause... take a tiny second sip of air... then exhale slowly through the mouth. Repeat 2–3 times.	Longer Exhale Breath (steady the system) Inhale for 4... exhale for 6–8. Repeat 6 rounds.
3	4
Orienting (tell the brain "we are safe") Look around slowly and name: 5 things you see / 4 things you feel / 3 things you hear / 2 things you smell / 1 thing you taste	Grounding Contact (instant anchor) Press your feet into the floor. Feel your heels. Gently press your palms together for 10 seconds, then release.

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Body-Based Calming (2 minutes)

1	2
Jaw + Shoulder Release Unclench the jaw. Drop shoulders down and back. Slowly roll shoulders 3 times.	Butterfly Tap (bilateral soothing) Cross arms over your chest, hands on upper arms. Tap left-right-left-right slowly. Breathe and soften your gaze. 60 seconds.
3	4
Vagus Nerve Hum (vibration = calm signal) Inhale... exhale and hum softly for 6–8 seconds. Repeat 5 times.	Neck + Eye Softening Turn your head slowly to the right... pause... back to center... left... pause... center. Keep breath low and gentle.

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If You're Feeling WIRED

Busy brain, anxiety, can't shut off

Choose one:

- Physiological sigh x 3
- Longer exhale breath (4 in / 8 out) x 6
- Orienting + slow head turns
- Write a 60-second mind dump (everything in your head, no structure)

Helpful reframe: My body is protecting me. I can reassure it.

If this feels persistent or intense: consider professional support.

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If You're Feeling OVERWHELMED

Teary, pressure, too much

Choose one:

- Butterfly tap x 60 seconds
- Hand-on-heart + hand-on-belly (breathe slowly, soften shoulders)
- Temperature shift: cool water on wrists/face or hold a cool glass
- Name it to tame it: "I notice overwhelm." "I notice pressure." (No story needed.)

Reminder: Small steps count when you're tender.

If this feels persistent or intense: consider professional support.

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If You're Feeling NUMB / SHUT DOWN

Disconnected, foggy, heavy

Choose one:

- Feet + floor grounding (press feet, wiggle toes)
- Gentle movement: slow walking for 2 minutes
- Warmth: tea, warm shower, heating pad
- Sound: soft music or humming (low, steady)

Reminder: Your system may need warmth + movement, not motivation.

If this feels persistent or intense: consider professional support.

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Micro Habits That Make a Big Difference

If sunlight and ground are not available, you can also use or incorporate red light therapy or a grounding mat.

Pick one per day:

Morning Reset Sunlight + water within the first hour of waking	Movement Snack Two-minute movement snack (stretch, walk, sway)
Boundary Sentence "I can't do that today, but I can do ____."	Check-In One nervous system check-in: "What would feel supportive right now?"

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Your Personal Anchor

My Return-to-Center Phrase:

When I feel off-center, I will try:

Tool #1 _____	Tool #2 _____	Tool #3 _____
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You don't have to do this perfectly. You just have to come back — one moment at a time.