



Ideas to Calm Your Nervous System

Here's a list of ways to tell your brain you're safe now and help your nervous system calm down.

Everyone's nervous system responds differently, so try out different grounding and calming techniques to see what works best for you. Some may feel helpful and soothing, while others might not be a good fit—and that's okay.

- Pick up or touch items near you – focus on how it feels. Is it heavy or light? Warm or cold? Focus on its texture and color.
- Breathe deeply and slowly. If it helps, say “in” and “out” with each breath.
- Breathe longer on the exhale.
- Take a short walk – focus on your steps, even count them
- Move your body – like stretching (like you're waking up from a long nap)
- Put your bare feet on the ground
- Let yourself feel – no fixing, just noticing
- Do one thing with full presence, even if it's just washing your hands
- Sip something warm & soothing, slowly
- Hum or sing softly – your vagus nerve loves that
- Rock gently back and forth – it's calming to your system
- Wrap yourself up in a soft blanket
- Say out loud: “I am safe right now.”