

TAKING CARE OF OUR NERVOUS SYSTEM:

Try to think of each of your senses & write the things that feel good to your body in regards to that specific sense & regularly try to provide your body with the following:

1. **EYESIGHT** (Ex: Looking at the nature around us): _____

2. **HEARING** (Ex: Listening to relaxing music): _____

3. **TASTE** (Ex: Drinking a cup of camomile tea): _____

4. **TOUCH** (Ex: Wrapping up a soft blanket around me): _____

5. **SMELL** (Ex: Lighting an essential oil candle): _____

- **BODY MOVEMENTS** (Ex: walking, Somatic Yoga-link available on course page):

- **Releasing EMOTIONS** (Ex: Screaming in a pillow or roaring outside): _____

- **SETTING BOUNDARIES** (Ex: refusing to watch a triggering movie) What are the limits you need to place in order to feel better emotionally?

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ON THE ACTUAL MOMENT:

Find what works specifically for you!

- Box breathing (explained in course) or any type of breathing
- Balancing on one foot (helps with grounding ourselves)
- Using our senses
- Drink water / water on face
- Mantra (create your own)
- Self validation & empathy
- Label our emotions (emotional wheel available to print)
- When we have the urge to yell: try doing the opposite by whispering or yelling something unrelated like "banana chocolate chips!!!"
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