

5 Ways to Regulate Your Nervous System

Feeling anxious, frustrated, mad or sad? **Try these 5 activities!**

01

Breathing

Take a deep breath in, then slowly exhale, emptying your lungs. Try counting how long you can make your exhale. Longer exhales can help calm your mind and body!



02

Humming

Hum your favorite tune or try a simple "mmm" sound. The vibration created by humming can help soothe your nervous system, making you feel more centered and calm.

04

Swinging

Find a swing or gently sway back and forth. The rhythmic movement can help your body feel grounded and relaxed, reducing feelings of anxiety or stress.



03

Nature Walk

Take a walk outside and pay attention to the sights, sounds, and smells around you. Connecting with nature can help reset your nervous system, bringing a sense of peace and clarity.



05

Sensory Bin

Explore a sensory bin filled with soft, squishy, or textured objects. Focusing on the different sensations can shift your attention away from stressful feelings and help you feel more present.

