

20 Quick Strategies to Settle Your Nervous System

Using Cold:

1. Submerge your hands in cool/cold water for up to 5 minutes
2. Trace an ice cube on the palm of your hand
3. Slowly drink a glass of ice water
4. Take a cold shower OR turn the water down to cool/cold for the last 45-60 seconds
5. Place a cold compress over your eyes and cheekbones for 5-10 minutes



Using Heat:

6. Take a warm bath or shower
7. Wrap yourself in a warm blanket, sweater, or weighted blanket
8. Utilize a sauna or hot tub if you have access to one or at a public pool/leisure centre



Using Senses:

9. Bite into a lemon or lime wedge
10. Eat a super sour candy
11. Do 10 breaths using the 4-7-8 method: 4 count inhale – 7 count hold – 8 count exhale
12. Light a candle and watch the flame dance
13. Color
14. Fidget with jewelry, a pen, and/or fidget toy
15. 5-4-3-2-1: Describe 5 objects around you-touch 4 objects-hear 3 noises-smell 2 odors-taste 1 thing. Do each of these slowly and mindfully, describing them to yourself along the way
16. Do a tangible task (e.g., dishes, ironing, tidying up, making a bed, folding laundry)



Using Bilateral Movement:

17. With head still, look gently to the right, until you yawn, swallow, or sigh, followed by looking gently to the left until you yawn, swallow or sigh. Repeat 2-3x/day
18. Tap your left and right feet back and forth in a rhythmic pattern
19. Cross your hands over your chest and tap your collarbone left and right in a rhythmic pattern
20. Listen to a binaural beats meditation using headphones

