



50 Ways to Soothe Your Nervous System

1. Suck on a mint or sour candy to ground yourself
2. Listen to your favorite music or music that reflects the way you feel
3. Use a weighted blanket
4. Take a shower, alternate the water between warm and cold for a few seconds or minute at a time
5. Watch stand-up comedy or a show that makes you laugh
6. Fill a large bowl with cold water and ice, immerse your face for a few seconds
7. Sit in nature and notice the sounds, scents, and sensation of the sun/breeze, feel the grass or dirt under your feet
8. Create art
9. Wear noise-canceling headphones or loop earplugs
10. Scream into a pillow or scream inside your car
11. Get a massage
12. Alternate stomping your feet on the ground
13. Inhale through your nose while looking at an object some distance away, then exhale through your mouth while looking at another object closer to you. Alternate for a few minutes.
14. Hold an ice cube
15. Place your hand on your chest and take slow, deep breaths
16. Deep belly breathing (inhale through your nose, feel your belly expand, exhale through your mouth)
17. Write a letter and rip it up
18. Let yourself cry
19. Dance to sad or angry music
20. Gently stretch your body or do yoga
21. Go to the gym/workout (kickboxing, running, lift heavy weights, etc)
22. Play or cuddle with a pet
23. Journal/Braindump thoughts
24. Meditate
25. Throw ice in your bathtub and watch it shatter





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26. Acupuncture
27. Have a cup of chamomille, lavender, or lemon balm tea
28. Play an instrument
29. Walk on grass, sand, or a textured surface to connect with the earth
30. Hum or sing to engage your Vagus nerve and relax your nervous system
31. Visualize a calm or soothing place, like a beach, mountaintop, or forest
32. Gently sway and rock your body or use a swing
33. Hug yourself, a loved one, or a pet
34. Listen to calming music, nature sounds, or binaural beats
35. Sit in natural sunlight or light therapy lamp to boost mood and energy
36. Aromatherapy-use scents to ground and calm, like peppermint or lavender
37. Hold a smooth stone, stress ball, or textured object, focus on the object
38. Tense and release each muscle group, starting from your toes to your head
39. Chew gum or eat crunchy food to stimulate parasympathetic system
40. List types of animals, foods, or cities to redirect your mind
41. Do something repetitive; folding laundry, brushing hair, cleaning
42. Listen to ASMR sounds
43. Yawn on purpose (even fake yawns can create feelings of relaxation)
44. Stand in a doorway and use your strength to press your hands against it
45. Rub a scented lotion or oil onto your hands
46. Roll your shoulders up and down, then your neck in slow circles
47. Practice legs up on the wall yoga pose to relax nervous system
48. Read out loud in an accent
49. Focus on tensing and relaxing one muscle group at a time
50. List 3 things you can truly control right now

