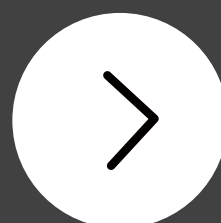
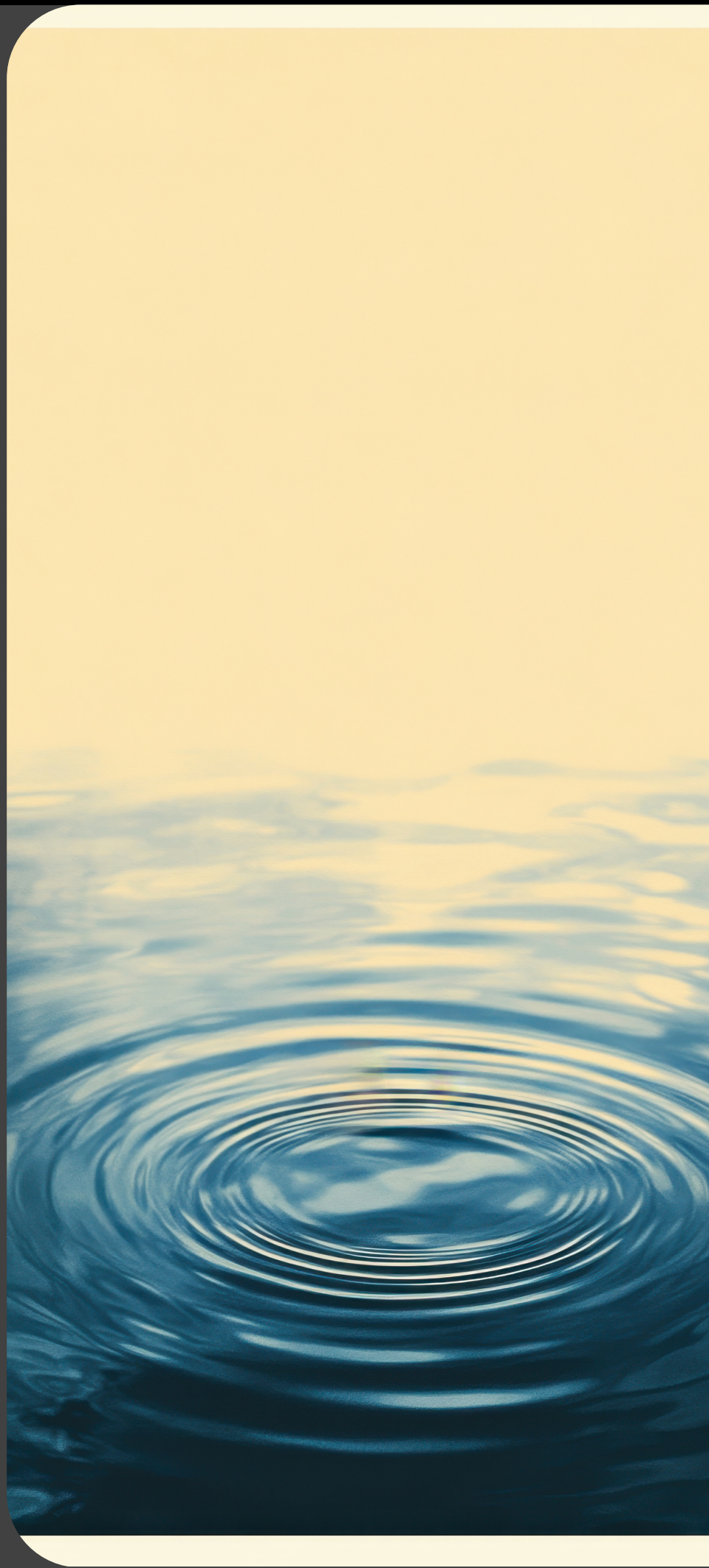


NERVOUS SYSTEM RESET

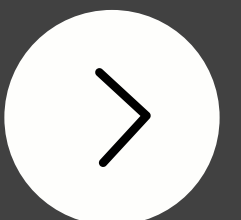
CHAOS WHISPERER STRATEGIES



BOX BREATHING

Inhale for 4 seconds
Hold for 4 seconds
Exhale for 4 seconds
Hold for 4 seconds

Why this works: signals to your sympathetic nervous system that you are safe. Takes you out of fight/flight/freeze and helps your heart rate and cortisol come back down



3-2-1 METHOD

Find a room/space you can sit still for a few minutes

Describe in detail:

- 3 things you can see
- 2 things you can feel/hold
- 1 thing you can hear

Why it works: activates your right hemisphere amygdala and interrupts the anxiety loop produced by your left hemisphere amygdala



PRACTICE GRATITUDE



Name 3 good things that happened today/this week

Name 3 people/events you are currently grateful for
& why

***Duke researchers revealed a significant reduction in stress using this technique just a few minutes daily*



BRING NATURE IN



Step outside into nature/green space & notice what you see/hear/smell

If it's not feasible to be outdoors, sit near a window and take in as much natural light as possible



STRETCH

Take a few moments to stretch your upper body first, then lower body if time allows



- Extend both arms up to the ceiling, press hands together, lean from one side to the other
- Gently rotate your head over your shoulders in a circle several times. Repeat in the opposite direction
- Sit on the ground and extend one leg, reaching towards that foot (repeat with other leg)
- End in child's pose and take several deep breaths



LEVERAGE AUDIO



Grab your ear buds/headphones and find a “calming sounds” track in your favorite app

Examples:

- “Meditation Sounds” on Apple Music
- “Zen playlist” on Spotify
- “Calm” on Endel

Close your eyes and listen for 5 minutes while breathing in through your nose, out through your mouth

