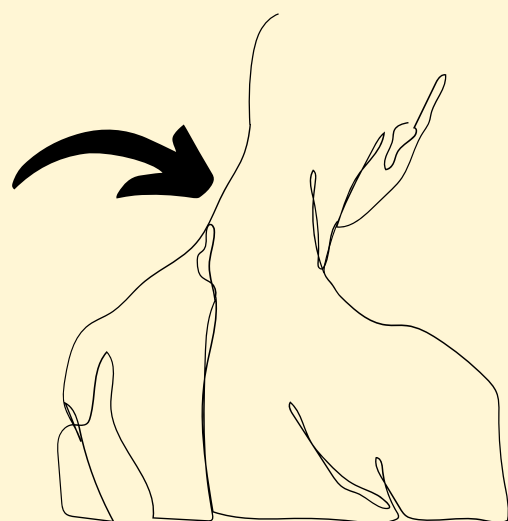


# 5 BODY-BASED EXERCISES TO CALM YOUR NERVOUS SYSTEM

1

## VAGUS NERVE MASSAGE

Release oxytocin, a feel-good hormone, with a gentle massage on the back of your neck and down into the left and right sides of your neck.



2

## DIAPHRAGMATIC BREATHING

Lower your heart rate and promote relaxation with long inhales down into your belly (without moving your chest) and exhale by contracting your abdominals inward below your rib cage.



3

## HEAD MASSAGE

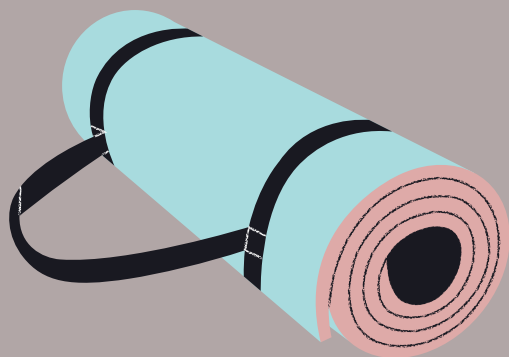
With a gentle, loving touch, massage your scalp, temples, and forehead. Move down to your ears and jaw. This self-soothing exercise calms anxiety and invites serenity into the moment.



4

## PSOAS MUSCLE RELEASE

Lay on your back with a rolled up blanket supporting your legs beneath your knees to release the tension in your psoas. You may also bend your knees, feet outside your hips, with knees touching in the center.



5

## HAND ON YOUR HEART

Place your hand on your heart and remember a single moment during which you felt safe. Let the memory and associated feelings of ease linger as you take four long, deep breaths.

