

# 5 WAYS TO REGULATE YOUR NERVOUS SYSTEM

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

# 1

## BREATHING GAMES

Take a deep breath in, then slowly exhale like you're blowing up a balloon. Try counting how long you can make your exhale. Longer exhales can help calm your mind and body!



# 2

## HUMMING

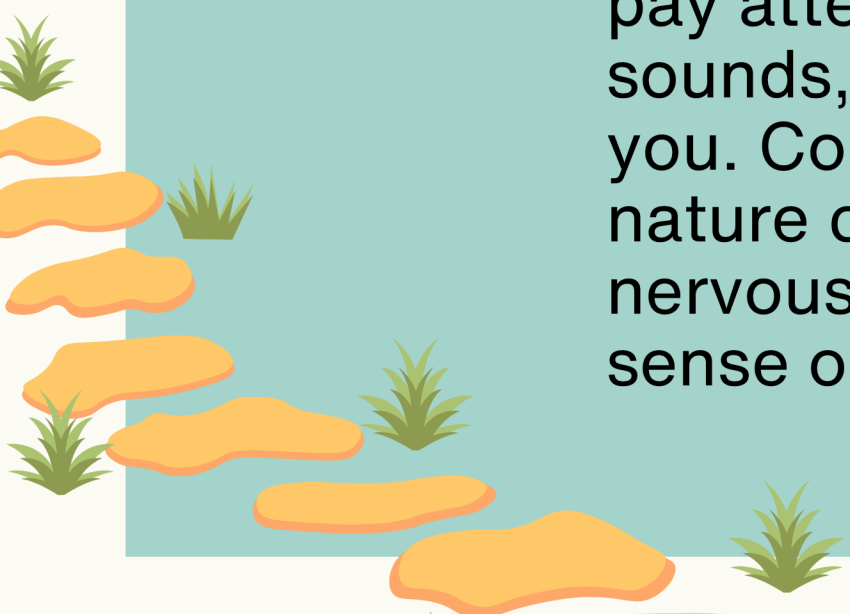
Hum your favorite tune or try a simple "mmm" sound. The vibration created by humming can help soothe your nervous system, making you feel more centered and calm.



# 3

## NATURE WALK

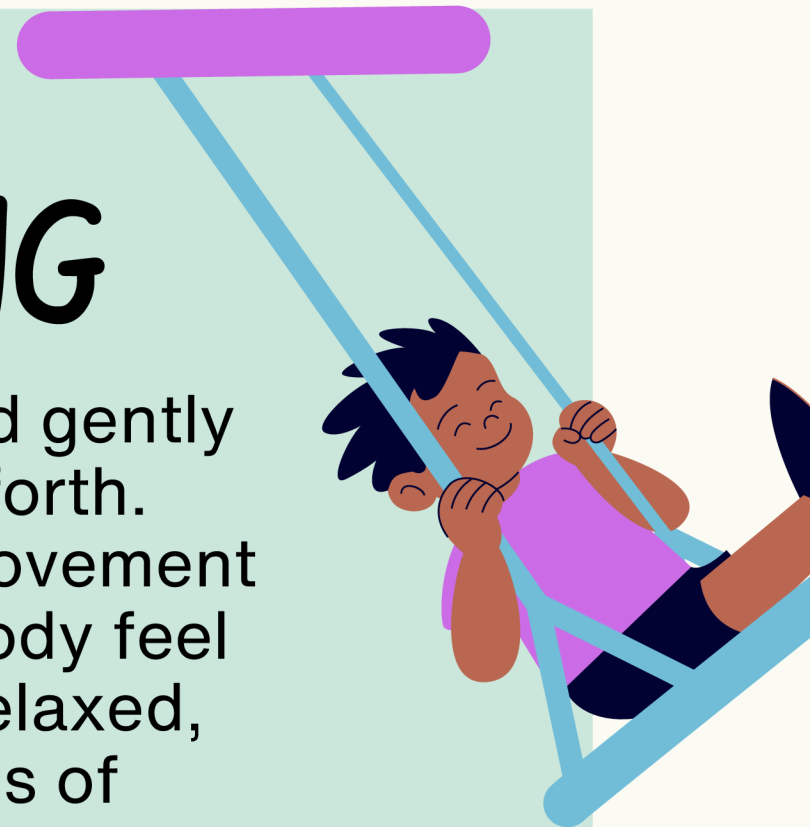
Take a walk outside and pay attention to the sights, sounds, and smells around you. Connecting with nature can help reset your nervous system, bringing a sense of peace and clarity.



# 4

## SWINGING

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



# 5

## 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.

