

Annie Harvey

Purpose:

Calm the nervous system so
your body and mind can re-engage.



In Video 2 there are lots of tips and tricks to reset your nervous system (some examples below). Then try completing the prompt at the end.

When to use it

- Feeling dysregulated, jammed, or “offline.”

Examples:

- Breathe: Slow, deep breaths or square breathing.
- Move: Gentle stretches, walking, or shaking out tension or dance like nobody is watching!
- Oxytocin hit: 20 second hug
- Don't forget your to befriend your vagus nerve!

Try this prompt

- ☐ “I can take one minute to reset right now.” What shall I choose?

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