



Together, Regulated

*Companion Guide to Everyday
Nervous System Care*

Simple practices that shift your state in seconds or minutes.

Nervous System Reset Hacks

Check off the ones you try today.

1. Box Breathing 2–4 min

- Inhale 4 sec • Hold 4 sec • Exhale 4 sec • Hold 4 sec
- Repeat 4–6 rounds

Slows heart rate. Signals safety to the brain. Use before meetings, hard conversations, or bedtime.

2. Physiological Sigh 60 sec

- Inhale through nose
- Top it off with a second short inhale
- Long slow exhale through mouth
- Repeat 3–5 times

Quickly reduces stress chemistry. One of the fastest resets available.

3. Walk & "Look for the Rest" 5 min

- Take a slow walk
- Intentionally look for:
Stillness • Neutral colors • Open space • Quiet corners

Let your eyes soften. Vision drives your nervous system. When your eyes scan calmly, your body follows.

4. Cold Water Reset 30–60 sec

- Splash cold water on face, or
- Hold something cold on cheeks

Stimulates the vagus nerve. Rapidly shifts from stress to regulation.

5. The 5–4–3–2–1 Grounding Shift 2 min

- Name 5 things you see
- Name 4 things you feel
- Name 3 things you hear
- Name 2 things you smell
- Name 1 thing you taste

Brings your brain out of future worry and into the present.

6. Posture Reset 60 sec

- Roll shoulders back • Lift chest
- Unclench jaw • Uncross legs
- Slow exhale

Your posture sends a safety or threat signal. Choose safety.

7. Humming or Low Toning 2 min

- Hum softly on the exhale, or
- Say "Voooo" slowly

Vibration stimulates the vagus nerve and increases calm.

 8. 90-Second Emotional Wave 90 sec

- When triggered, set a timer for 90 seconds
- Feel the sensation without the story
- Slow your breathing

Most emotional surges pass if not fueled by thought.

 9. Barefoot or Nature Touch 3–10 min

- Step outside barefoot
- Touch a tree or sit in sunlight

Natural light and earth contact reduce stress load and reset circadian rhythm.

 10. The One-Sentence Reframe 30 sec

- Ask yourself: "What else could be true?"

This interrupts threat perception and opens possibility.

Daily Regulation Rule

Small shifts done often rewire your nervous system.
You don't need a retreat. You need repetition.



You don't need to fix this today.
You just need to notice and re-orient.

@togetherunprocessed

Everything we share comes from our own journeys and experiences.
We're not doctors, and nothing here is meant as medical advice.
Always make decisions about your health with a trusted professional.