

# Mind-Body

## Practices

*Eight ways to offer your nervous system the care it never quite received*

*The body learns through repetition, rhythm, and gentleness — not through pressure. Choose one or two of these to start. Consistency teaches the nervous system far more than ambition.*

### 01

#### Honor Your Sleep

A consistent wind-down ritual signals to the body that the day is closing. Same time, low light, predictable cues — this is what a loving caregiver would offer a child.

*Try today:* Pick one bedtime cue (tea, stretching, reading) and repeat it for one week.

### 02

#### Nourish Your Body

Regular, adequate meals teach the nervous system that resources will arrive. Skipping food is a stress signal the body remembers from earlier scarcity.

*Try today:* Schedule meals on your calendar this week the way you schedule meetings.

### 03

#### Soothing Touch

Hand on heart, hand on belly, self-hug, slow stroking of the forearms — these activate the body's calming circuitry. Touch was your first language.

*Try today:* Try a one-minute hand-on-heart pause when stress arrives today.

### 04

#### Conscious Breathing

A long exhale tells the vagus nerve the threat has passed. Breath is the most portable regulation tool you carry.

*Try today:* Inhale for four counts, exhale for six, for two minutes — anywhere, anytime.

## 05

### Create Sanctuary

A space that feels safe, soft, and yours signals to the body that this place is yours to rest in. Even one corner counts.

*Try today:* Tend one small area of your home today as if preparing it for someone you love.

## 06

### Gentle Movement

Walking, stretching, swaying, yoga — rhythmic movement helps complete stored stress responses and reconnects you to physical sensation.

*Try today:* Move your body for ten minutes today in a way that feels good, not punishing.

## 07

### Comfort Objects

Weighted blankets, soft sweaters, a particular cup, a beloved scent — sensory anchors that say “you are home” to the nervous system.

*Try today:* Identify one object that genuinely soothes you and keep it within reach.

## 08

### Advocate for Your Health

Booking and keeping medical, dental, and therapy appointments is an act of reparenting. A loving caregiver tends to the body's needs.

*Try today:* Make one appointment you have been postponing — today, before you talk yourself out of it.

**Small. Repeated. Gentle. This is how a nervous system learns to trust again.**