

Pillar 5: Nervous System Regulation — Jump Start to Steady the Mind

If scores are low, focus on small, meaningful connection moments
(Choose to start with 1 or 2 that resonate with you.)

10 Simple Shifts:

1. Practice 5 minutes of slow breathing daily.
 2. Use the U-Turn tool when stress rises (pause → breathe → reframe).
 3. Take 1–2 intentional breaks during your day.
 4. Step outside for fresh air and grounding.
 5. Name what you're feeling: "I feel..." (this reduces stress response).
 6. Begin or end the day with gratitude (3 simple things).
 7. Reduce multitasking—focus on one task at a time.
 8. Create a buffer between activities (even 2–3 minutes).
 9. Limit overstimulation (constant noise, scrolling, rushing).
 10. Ask often: "What would help my body feel safe right now?"
- Better sleep helps your body shift out of survival mode.

**Small calming practices train your body to return to
peace more quickly.**

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Small steps, practiced consistently, create powerful change.
This is how you begin your journey toward Great Calm and
Whole-Body Alignment.