



## Calm & Nourish: A Nervous System Support Kit. Gentle Tools to Soothe, Restore, and Recenter

### Before You Begin: Setting an Intention

Before you start using this kit, take a gentle moment to pause.

Setting an intention helps orient your nervous system toward safety, choice, and purpose. There is no right or wrong intention—only what feels supportive for you right now.

Reflect on the following question:

How do I want to feel in my body and mind as I move through these practices? Writing it down helps your brain to remember your intention..

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### How to Use This Kit

🧘 Choose one practice. Go slowly.

You may notice that some tools feel more supportive at certain times than others. This is normal. Regulation is not about doing more—it's about responding wisely.

🧘 Set the intention to practice daily.



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The best advice I can give you is try practicing daily. Intentionally pause and check in with yourself several times a day.

Using a simple **tracking checklist** can help you build the habit of nervous system care without pressure or perfection. Your intention is not to “do it right,” but to show up once a day—even for one minute.

Consider checking off each day you complete at least one practice. This visual reminder supports follow-through.

Your nervous system learns that nourishment is available regularly.



Gentle consistency matters more than intensity.

If you miss a day, simply begin again. Your nervous system responds to kindness, not force.



Use this as a guide.

Keep this guide handy while watching the video with the experiential exercises.

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## Tool 1: Grounding the Body: Stabilizes & Settles

Connect with your body.

Close your eyes for a moment and begin by **noticing** where your body is supported—by the chair, the floor, or the earth beneath you.. **FEEL the weight of your body.**

There is nothing to change. Simply noticing is enough.

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## Tool 2: Breath as Nourishment: Soothes & Regulates

Relax.

Breathe in and out through your nose only.

Become aware of the air going in and then out of your nostrils.

You may notice the air temperature is cooler on the inhale and warmer on the exhale.

Relax some more.

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## Tool 3: The Mindful Minute: Soothes, Restores, and Recenters

Slow everything down and pause.

Take your time to do three stretches and yawns.

Gentle self soothing (gently rubbing the palms together. (See video for more)

Slow everything down until you notice a moment of stillness.

Think of a word that reflects your inner deepest value. (example: love, kindness, etc.)

**Savor it!**

### **Note:**

I hope you enjoy these gentle but powerful tools and put them to good use.

I would love to hear from you.

If you wish to do so, you can send me an email to [info@neurowellness.academy](mailto:info@neurowellness.academy) and let me know how these strategies worked for you. I personally read and answer all the emails.

With Love,  
Fanny:)



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### **Resources**

Basso JC, McHale A, Ende V, Oberlin DJ, Suzuki WA. Brief, daily meditation enhances attention, memory, mood, and emotional regulation in non-experienced meditators. Behav Brain Res. 2019 Jan 1;356:208-220. doi: 10.1016/j.bbr.2018.08.023. Epub 2018 Aug 25. PMID: 30153464.



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