

Client Handout: Nervous System Regulation

Simple Somatic Tools to Help Your Body Feel Safe, Calm, and Regulated

Understanding Your Nervous System

Your nervous system is designed to protect you. When it senses safety, you feel calm, present, and able to think clearly. When it senses stress, it shifts into survival responses like fight, flight, or shutdown. Somatic exercises help signal safety to your body and support regulation.

Signs of Nervous System Dysregulation

- Anxiety or overwhelm
- Racing thoughts
- Muscle tension
- Fatigue or shutdown
- Brain fog
- Sleep difficulties
- Digestive discomfort

Signs of Nervous System Regulation

- Calm and present awareness
- Clear thinking
- Relaxed muscles
- Steady breathing
- Emotional balance
- Improved sleep and digestion

Somatic Exercises for Regulation

Breathing Reset

Inhale slowly through your nose. Exhale slowly and longer than your inhale. Repeat for 1 minute.

Orienting

Look around and notice your environment. This helps your nervous system recognize safety.

Grounding

Press your feet gently into the floor and notice the support beneath you.

Hand on Heart

Place your hand on your chest and breathe slowly.

Gentle Movement

Slow stretching, walking, or swaying helps release stress.

Humming

Hum softly for 30–60 seconds to activate calming pathways.

Muscle Release

Gently tense and release muscles to help your body relax.

Daily Practice

Practice these exercises daily for a few minutes. Consistent practice helps your nervous system become more resilient and regulated.

Reminder

Your nervous system can learn safety. With practice, you can help your body experience greater calm, balance, and resilience.