



Simple Somatic Solutions A Nervous System Reset Guide


TuneInTherapy | Real Talk. Real Change.
Tune into therapy with more than just words.




Before we can think clearly or take action, we often need to manage our emotions
& body responses. (Regulate).


That way our brain and body can work together.


If you're feeling overwhelmed, stuck, or immobilized, try one of these:


 **Lip Touches:** Lightly press your lips together or rest your fingers on them.
Activates the vagus nerve and signals safety.


 **Eye Presses:** Gently place the heels of your hands over your closed eyes.
Helps calm visual overstimulation.

 **Box Breathing:** Inhale for 4 seconds – hold 4 – exhale 4 – hold 4.
Repeat to reset your nervous system.

 **Alternate Nostril Breathing:** Breathe in and out through one nostril and then switch.
Balance and calm the brain.

 **EFT (Tapping):** Tap on acupressure points while repeating calming phrases.
(head> temple> eye> nose> lips> collarbone> arm> side of hand> Then switch sides.
Helps shift stuck emotion.

 **Safe Space Visualization:** Imagine a peaceful place using all your senses.
Great for grounding and self-soothing.

 **Change Your Environment:** Step outside, open a window, or change positions.
A small shift can help reset your state.

Trying just one of these activities can allow you to think clearly and take action.

Find more resources at: <https://www.tuneintherapy.org/the-mindlands>

Book a free meet & greet at: <https://tuneintherapy.janeapp.com/>