

7-Day Nervous System Kick Start



DAY 1:

Practice: 2–5 minutes of focused breathing.

Intention: Today, I ground myself in the present moment.

DAY 2:

Practice: 5–10 minutes of mindful movement.

Intention: I move with kindness and listen to my body.

DAY 3:

Practice: Body scan from head to toes.

Intention: I allow myself to slow down and be still.

DAY 4:

Practice: Listen to guided meditation

Intention: I can access calm anytime I need to.

DAY 5:

Practice: 10-minute yoga for your body's tight spots

Intention: I create space in my body and mind.

DAY 6:

Practice: 2–3 minutes of legs up the wall position

Intention: Rest is a form of healing.

DAY 7:

Practice: Write 3 shifts you've noticed in your body, breath, or mind

Intention: I honour how far I've come.