

Checklist



Nervous System Nurturing + Nourishing

Your nervous system is your central command centre. It originates in the brain and spinal cord, and it's made up of literally billions of cells which also spread out to all parts of your body. It works both automatically, and under your control too.

A healthy, happy nervous system is at the centre of good health. Here's a list of things you can try to nurture and nourish your nervous system:

- | | |
|---|--|
|  Slow and Deep Breathing - there are so many options! |  Laughter |
|  Meditation - guided, from an app, or any other variety |  Exercise |
|  Self-Hypnosis - from an app like Reveri |  Acupuncture |
|  Yoga Nidra - try searching for Kamini Desai or Liam Gillen |  Prayer |
|  Singing or Chanting |  Deep Social Connection |
|  Cold Exposure - try searching for Wim Hoff |  Time In Nature |

