Nervous System Regulation Tips (for Digestion, Stress Relief, and Sleep)

- Deep Breathing: Practice diaphragmatic breathing for 5 minutes each day. Inhale deeply through the nose, hold for 4 seconds, and exhale through the mouth. This helps activate the parasympathetic nervous system to promote relaxation and support digestion.  
- Gentle Movement: Engage in low-impact activities like walking or yoga. These activities reduce stress hormones and aid digestion by stimulating the gut.  
- Sleep Hygiene: Maintain a consistent sleep schedule. Aim for 7-9 hours of sleep per night, which is essential for nervous system regulation and gut health.  
- Herbal Teas: Drink chamomile or peppermint tea before bed. Both herbs support digestion and have a calming effect on the nervous system.