

5 Simple Ways to Regulate Your Nervous System Today

Accessible tools to calm your body,
steady your mind, and feel more in control.

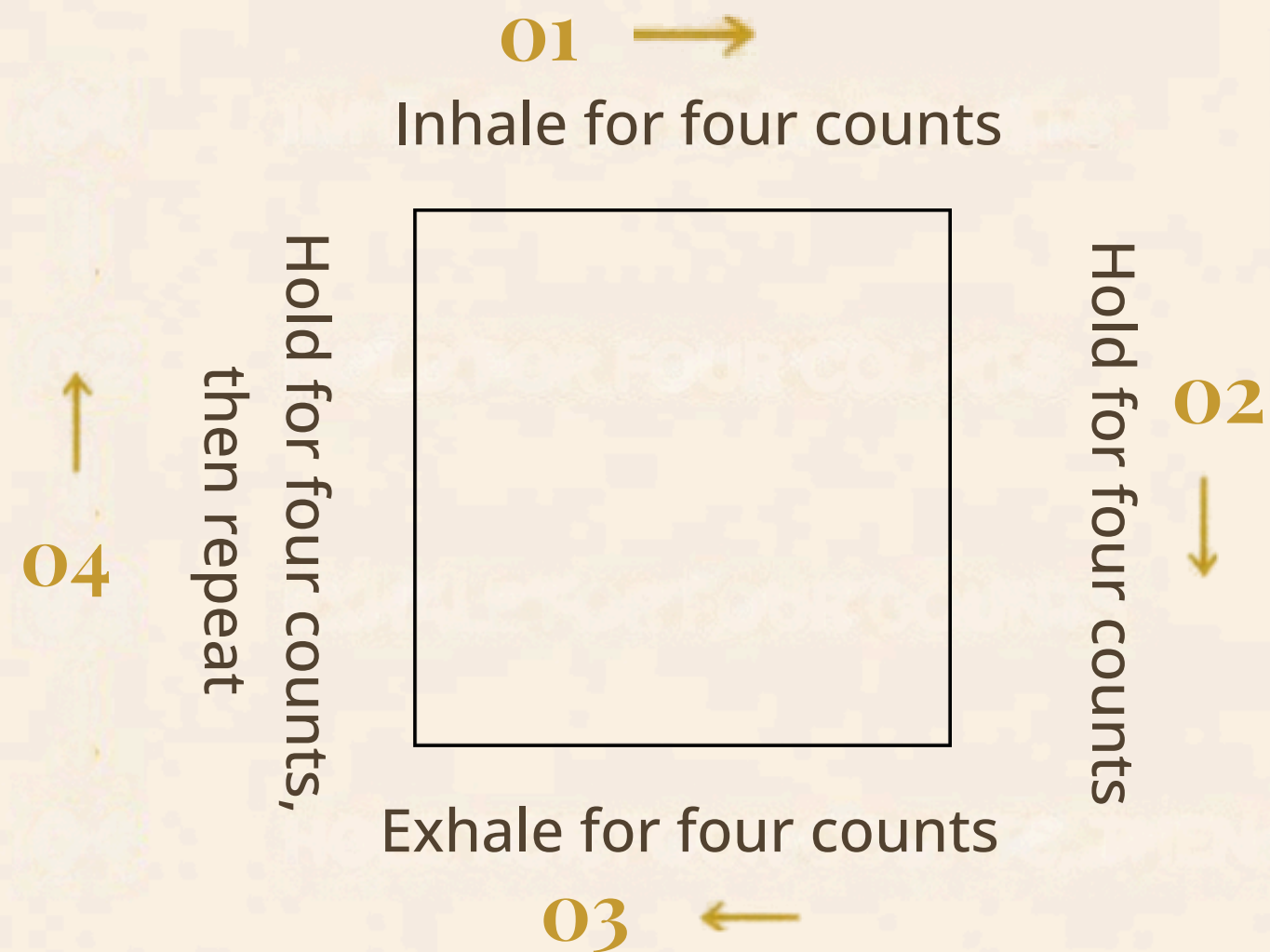
CAMPERDOWN KINESIOLOGY





Box Breathing

A simple pattern to calm your body and steady your mind.



The Frontal - Occipital Hold

A simple kinesiology technique to calm an overactive stress response and bring blood flow back to the thinking brain.

SOOTHE. RESET. THINK CLEARLY.



Get Outside

Time outdoors resets your body and brings your system back to balance.



Just ten minutes of walking outdoors helps



Ideally away from screens



Movement and open space help downregulate stress hormones



Reconnect, Briefly and Often

Short, real conversations reset your nervous system.

Look up and connect in person, not just through texts.

Genuine connection is powerful regulation.



Notice, Without Judgment

Simply naming what's happening interrupts the automatic stress loop.

Try saying:

“I’m dysregulated right now”

This creates a small gap where choice becomes possible again.



Ready to Go Deeper?

Personalised kinesiology support
to help you feel calm, clear and in
control.

BOOK A SESSION

at Camperdown Kinesiology

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