

Kundalini Yoga & Kriyas

Kundalini yoga and kriyas work directly with the nervous system through specific movement, breath, and sound. These practices help release stored tension and regulate stress responses, supporting balance in the body.

Breathwork

Intentional breathing helps signal safety to the nervous system. By changing how we breathe, the body can shift out of fight-or-flight and into a calmer, more regulated state.

Connecting with Spirit

Connecting with Spirit/Source can support nervous system regulation by creating a sense of trust and support. This connection can help the body feel held and safe.

EFT Tapping

EFT tapping supports nervous system regulation by calming the stress response while emotions are processed. It helps reduce intensity and supports emotional regulation when things feel overwhelming.

Music & Mantras

Music and mantras influence the nervous system through rhythm and vibration. They can soothe, ground, or energize the body, supporting emotional and nervous system regulation.

Journaling

Journaling helps regulate the nervous system by moving thoughts and emotions out of the body and onto the page. This creates clarity, reduces mental overload, and supports emotional processing.

Meditation

Meditation supports nervous system regulation by helping the body settle into a calmer, more present state. Over time, it builds greater capacity for emotional regulation and resilience.

Moving Your Body

Gentle, intentional movement helps release stored stress and excess energy. This supports grounding, embodiment, and nervous system balance.

TOOLS TO REGULATE YOUR NERVOUS SYSTEM

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5 Steps to Regulate Your Nervous System

1. Notice / Awareness

Tune into your body: racing thoughts, tight chest, restlessness. (Being aware of your physiological signs of activation can make this step easier.)

2. Pause & Anchor

Breathe, walk, shake, or, if it's possible, use a tool like a kriya, meditation, or EFT tapping. (Choose something that feels safe for you.)

3. Move Through the Emotion

Allow it to flow safely, without judgment. (Don't suppress it, let it move in a way that feels safe for your body.)

4. Return to Action

Respond intentionally once your system has settled. (Engage, make decisions, and act from calm rather than reactivity.)

5. Reflect Afterward

Explore the trigger with curiosity, not judgment. (Notice what came up and what your body needed after you're regulated; reflection comes after regulation. This is vital information so you can understand the root of your triggers.)



www.believeinyouxo.com

Check out my website and my
Empower You Library for
nervous system tools and resources!



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