Stress Management & Mindfulness Techniques

Tools to Help Reset Your Nervous System

You cannot pour from an empty cup, and you can't heal a body that's stressed to the max. Not every technique works for everyone, so try these out and do what works best for you. These are techniques we've found incredibly helpful for women looking to reset their nervous system.

These are not our techniques, and we do not guarantee any specific results from watching or implementing these. These should not/do not take the place of a professional mental/behavioral health provider to give you specific help and information for your specific circumstances.

Foundational Reading

- Focused Attention Is an Endangered Species
- Why Mindfulness?

Mindfulness Practices

- Mindfulness Technique 1
- Mindfulness Technique 2
- Mindfulness Technique 3

Journaling

- Journaling Technique 1
- Journaling Technique 2

Meditation & Body Scan

- Body Scan / Meditation Technique
- Meditation Technique 1
- Meditation Technique 2
- Importance of Mindfulness

Breathing

- Breathing Technique 1
- Breathing Technique 2
- Guided Sleep Meditation

Bonus

- Clearing Emotions *[link needed]*

Pick one or two that sound appealing and give them an honest try. If something doesn't resonate, that's okay — move on to the next. And if you find yourself needing more support than these tools can offer, please reach out to us or a mental/behavioral health professional. You don't have to carry it alone.