

# Sympathetic Nervous System

= Fight or Flight or Freeze or Fawn

Great for moments of danger, not great for long term activation

# Parasympathetic Nervous System

= Rest and Digest

Should be our baseline setting

Ways of getting the sympathetic nervous system to go back to baseline and the parasympathetic nervous system to engage more:

- Forest bathing (being in the forest without an intentional purpose)
- Slowing down the breath
- Cuddling a human or pet
- Sunlight
- Playing in the dirt (such as at the beach or gardening)
- Drawing/Doodling
- Reading (books that are not emotionally intense)
- Praying
- Mantras such as "I am safe"
- Stretching
- Gentle exercise

Things to avoid:

- Caffeine
- Alcohol
- Processed Foods
- Screens in the evening
- The News
- Overscheduling