



Morning Ritual to Calm Your Nervous System & Boost Energy

Quick, 3–5 minute practice to start your day feeling grounded

1. Wake Calmly

- Set your alarm to a **gentle, pleasant sound** (no jarring tones!).
- **Why:** Reduces stress response, keeps cortisol low, signals calm.

2. Create Your Practice Space

- Keep **house lights low**.
- **Designate a small area** for your ritual.
- Avoid all electronics during this time.
- **Optional:** Light a candle.
- **Set a timer** for at least **3 minutes**.

3. Settle & Breathe

- Take a deep breath and center yourself.
- Close your eyes if it helps.

4. Choose a Feel-Good Activity

Pick **one** that calls to you:

- Gaze at candle & zone out
- Read a short passage from a wisdom book
- Meditate or pray
- Step outside & feel the sun or breeze
- Listen to birds or nature sounds
- Gentle stretch or yoga
- Envision **one thing you'd like to see happen today**
- List **3 things you're grateful for**

5. Close Your Practice

- Finish with **3 deep, energizing breaths** to set your body and mind for the day.

💡 **Tip:** Keep it consistent—even 3–5 minutes every morning gives your nervous system a gentle, restorative signal.