

55 WAYS

to feel 5% better



Hey lovely!

Ahead, you're about to discover 55 ways to feel 5% better; right now.

Each practice is quick, gentle, and designed with your nervous system in mind.

I encourage you to pause and check in with yourself first, then try a practice, and check in again afterwards - with curiosity. Not to force anything to "go away," but simply as an experiment: noticing what shifts, what softens, and what lands with your system.

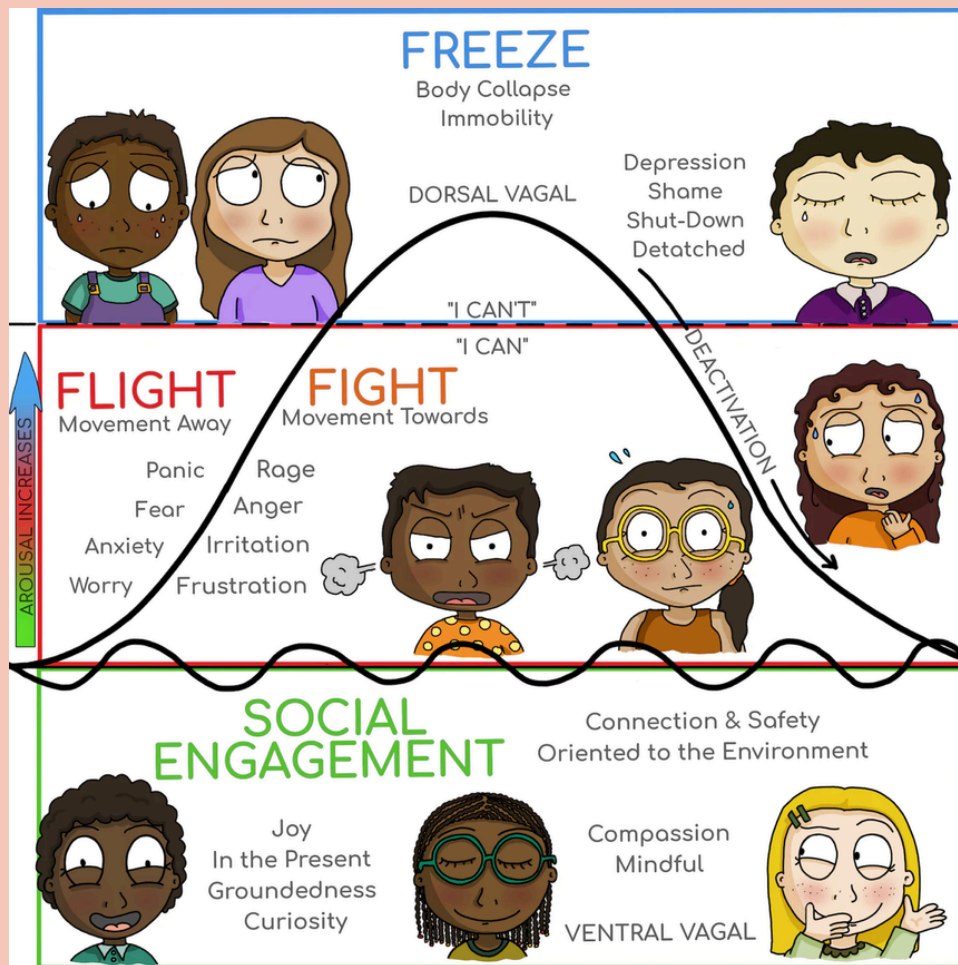
These practices are trauma-informed and nervous-system aware, drawing from orienting, somatics, neuroscience, polyvagal theory, and IFS.

Print this out, save it to your phone and enjoy a chocka-block full toolkit of resources to help you find a little more peace and ease.

With love & deep breaths
Becks from Journey to Wellness



P.s You'll notice I mention the nervous system in the practices ahead - here's a quick reference guide for you on the nervous system states



When I say 'up-regulate' I mean to move from freeze (dorsal vagal) towards ventral vagal.

And when I say 'down-regulate' I mean to move from fight/flight (sympathetic) towards ventral vagal.

Okay - Let's dive in!

- Rub your earlobes gently
- Sigh loudly (long exhales activate your parasympathetic nervous system)
- Stretch your arms overhead and hold for 10 seconds – elongate your spine and breathe into it
- Trace figure eights in the air with your nose – this helps to activate both sides of your brain, promoting focus and calm.
- Gargle water for 30 seconds – stimulates the vagus nerve, boosting relaxation and reducing stress.
- Hold a frozen spoon to your forehead – the cold can reset your nervous system, bringing you back to balance.
- Walk backward for 30 seconds – challenges your brain and shakes up your routine, breaking mental patterns.
- Rub your scalp in tiny circles – stimulates blood flow, giving you a tiny endorphin boost.
- Spend 5 minutes wearing an eye mask - optional novelty if you eat a meal or drink a cup of tea while wearing it

- Take a shower by candlelight - reduces sensory overload
- Drink tea with your bare feet on the grass - double your relaxation by grounding in nature.
- Tap your thalamus for 3 minutes
- Hug a pillow tightly for 60 seconds or tuck your right hand under your left armpit and rest your left hand on your right shoulder - give yourself a big squeeze.
- Listen to your favourite song with your eyes closed.
- Run cold water over your wrists – Lowers your heart rate (good for fight/flight energy)
- Draw a simple pattern on paper for 2 minutes - try figure 8's
- Hum a low note for 30 seconds - activates your vagus nerve
- Clench your fists tightly, then release - notice how relaxed your hands feel after.
- Chew on a piece of ginger or mint (up regulating while also easing anxiety)
- Find 5 things with circles around you – engaging your brain in a pattern-seeking task helps ground you in the present moment.

- Squeeze your own shoulders and hold – applying pressure to your trapezius muscles helps your body release tension.
- Alternate between cold and warm compresses on your face – this contrast therapy activates your body's relaxation response.
- Put on sunglasses inside for a few minutes – reducing light can help calm overstimulated senses.
- Balance on one foot for 60 seconds – focusing on your balance brings you into the present moment, quieting anxious thoughts.
- Spell your name backward out loud – engages both your brain and mouth, forcing you to focus and disrupt anxious patterns.
- Press your palms gently over your eye sockets – blocking out light and applying gentle pressure relaxes the optic nerve and calms the brain.
- Lie down and shake your hips side to side – releases built-up tension in the lower back and hips, a common place for stress to accumulate.

- Dance for 60 seconds - shake out that stress (can both down-regulate AND up-regulate!)
- Brush your hair for 3 minutes - rhythmic brushing can soothe your system.
- Hold your face in your hands and whisper to yourself “you’re doing well my darling, I’m so proud of you, I’m always here for you”
- Hold a warm mug with both hands - feel the heat spread through your palms.
- Sit in a corner and lean against the walls - let your body feel supported on all sides.
- Take 5 deep belly breaths - activates parasympathetic nervous system.
- Lie down with a book on your belly and watch it rise and fall - focus on the movement.
- Put your legs up the wall - a yoga move to encourage relaxation.
- Eat something crunchy with all your focus - tune into each satisfying bite.
- Pretend to yawn - fake yawning triggers a real relaxation response.

- Squeeze a stress ball for 1 minute – channel that energy somewhere else.
- Smell an essential oil or your favorite scent – scent is a powerful mood shifter.
- Do 10 jumping jacks – get the blood flowing quickly (for up-regulation or discharging stress)
- Put your hands on the sides of your ribs and breathe deeply - feel your body expand with each inhale.
- Wear socks straight out of the dryer
- Wiggle your toes or nose for 30 seconds - connect with your body's little movements (gentle up-regulation)
- Rub your palms together vigorously, then place them on your cheeks or over your eyes
- Gently shake your body out - release built-up tension with a full-body shake.
- Trace the outline of an object with your finger - focus on its edges and shape to quiet your mind.
- Swing your arms in big circles for 30 seconds (good for fight and freeze energy)

- Tense your entire body for 5 seconds, then release
- Blow on the back of your hand slowly – the sensation and controlled breath lower your heart rate and induce calm.
- Hold a warm washcloth over your face for 1 minute – the heat promotes relaxation and soothes overstimulated senses.
- Look for the tiniest detail in the room – narrowing your focus reduces overwhelm and helps center your mind.
- Stretch your jaw open as wide as you can, then relax it – releasing tension in the jaw helps relax other areas of your body.
- Roll a tennis ball under your feet – massaging the soles stimulates pressure points that help relieve stress.
- Visualise yourself in slow motion – imagining yourself moving in slow motion creates a sense of control and calm in the mind.
- Move from one space to another in a weird, wacky, wonderfully different way (crawl from your bedroom to the lounge, shake your way down the hall, dance across your kitchen)



Thank you for diving into this guide!

I hope these 55 little shifts help you feel just that tiny bit lighter, softer, or calmer in your day.

Remember: healing doesn't have to be huge or perfect. It's the micro-moments that add up and re-train your nervous system over time. Even 5% better matters. ✨

If you loved this, imagine how powerful it feels to have an entire library of practices, courses, and live classes guiding you step-by-step.

That's exactly what you'll find inside the Journey to Wellness Membership: where we go deeper into nervous system regulation, somatic tools, and self-healing (with lots of quirky, science-backed practices you won't find anywhere else).

I'd love to support you there 📧
[You can learn more and join us here](#)

Until then, keep these tools close.
You're doing beautifully, my love

Love Becks
From Journey to Wellness

