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## Be a Houseplant First

Your nervous system can't thrive if your body's basic needs aren't met. Think of yourself like a houseplant — check the “Big Five” daily:

1.  **Water & Electrolytes**
  - Am I hydrated?
  - Do I have enough electrolytes to keep energy steady?
2.  **Nourishment**
  - Am I eating enough overall?
  - Am I getting protein + fiber at each meal?
  - Am I eating consistently to stabilize blood sugar?
3.  **Sleep**
  - Am I getting restorative, high-quality sleep?
4.  **Sunlight**
  - Am I getting morning sun?
  - Do I see natural light throughout the day?
5.  **Movement**
  - Am I walking daily?
  - Am I grounding my feet on the earth?
  - Am I moving in ways my body enjoys?

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## Nervous System Resets

Once your “houseplant needs” are met, resilience comes from **small, consistent resets**.

👉 Just 10–15 minutes a day can shift your perception and your capacity to handle stress.

Pick 2–3 tools daily, and mix & match based on your needs.

### Breathwork

- *Beginner*: 1–2 minutes of square breath, lion's breath, or sat nam.
  - **Square breath** - inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds - repeat at least 4 times
  - **Full Body Breathe** - inhale for a count of 4 imagining the air traveling up your whole body, exhale for a count of 5, imagining the exhale moving down your whole body
  - **Out and In** - inhale through the nose, exhale through the mouth

- **Lions Breath** -breath and shake your head with a loud exhale, imagine shaking off anything that bothers you. Lions breath is a deep inhale, hold for 4 seconds and then exhale loudly through the mouth, sticking the tongue out and shaking the head.
- **Alternate Nostril Breathing** - plug one nostril and inhale through the other, then plug the other as you exhale, keep switching
- **Leverage:** Explore SRI, a breath workshop, or Erin Telford's virtual classes.

## **Meditation**

- **Beginner:** 5 minutes with Insight Timer or a 21-day guided program.
- **Leverage:** Choose meditations aligned to your current goals/desires.

## **Grounding**

- **Beginner:** Walk barefoot in grass, sand, dirt. Bring earth into your home (salt lamps, crystals, oils).
- **Leverage:** Beach trips, daily Epsom baths, prioritize this as a core practice.

## **Yoga / Movement**

- **Beginner:** 5–10 min morning + evening. Try 1 class/week.
- **Leverage:** 30 min daily — Yin for winding down, Flow/Yin-Yang for energy, Power for restless energy (finish with Yin).
- Use the “down dog” app to guide you

## **Energy / Bodywork**

- **Beginner:** Try reiki, massage, network spinal, chakra cleansing. One per month.
- **Leverage:** Listen to your body's clear YES — schedule the work it craves.

## **Emotional Release**

- Crying = nervous system reset. Don't block it.

## **Writing / Journaling**

- **Beginner:** Gratitude lists, “Wouldn't it be nice if...,” Antidote journaling, Artist's Way free writing.
  - **Leverage:** Brain dumps 2–3x per week during transitions.
  - **Advanced:** Channeled writing — connect with higher self, let the words flow.
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## **Remember:**

- Meeting your houseplant needs + nervous system resets = resilience.
- This doesn't change your outer world overnight — but it changes how you experience it.
- From that grounded place, real change is possible.