

eBook  
*3 Ways to Calm Your Nervous  
System in 5 Minutes  
For Chronic Pain & Flare Days*



Balancewithme



## 3 Ways to Calm Your Nervous System in 5 Minutes For Chronic Pain & Flare Days

Living with chronic pain can feel overwhelming—especially when your body is stuck in fight-or-flight. These simple tools help bring your nervous system back to a safer, calmer state in just a few minutes.

---

### 1. Physiological Sigh (1–2 minutes)

- Inhale deeply through your nose
  - Take a second short inhale
- Slowly exhale through your mouth

Repeat 5–10 times.

Why it works: This tells your body you're safe and helps reduce stress quickly.

---

### 2. Grounding (5-4-3-2-1 Method)

Look around and name:

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste

Why it works: Pulls you out of overwhelm and back into the present moment.

---

### 3. Gentle Reset

Choose ONE:

- Lay down with a heating pad
- Sit in silence with your hand on your chest
- Do light stretching (neck/shoulders)

Reminder: You don't need to "push through." Rest is productive

---

Closing:

You're not broken—your nervous system is trying to protect you.  
Small moments of safety can make a big difference over time.

Follow along for more support → @balancewithmeca