

# NERVOUS SYSTEM HACKS

Regulate your nervous system, regulate your hormones!

## NERVOUS SYSTEM TOOLS

Creating a sense of safety in your body is absolutely critical to optimal hormones and thriving fertility. A body that is not hovering in a sense of safety most of the time (70-80% of the time is a good range) will NOT prioritize fertility nor hormone balance.

## FREE NERVOUS SYSTEM TOOLS

Here are some FREE + simple nervous system hacks to help your body regulate itself and thrive (pick one or two a day-- keep it quick and simple):

Screaming into a pillow- you can do this in the morning. Do it twice..

Singing in the shower

Playing music while getting ready in the morning and singing (make a playlist of your favorite happy songs)

Exaggerated sighing- you can do this while at your desk or even in the shower. 5 times is great

Humming- you can do this whenever wherever

Journaling

Meditation

Deep breathing

Deep uninterrupted sleep (7-9 hours)

Hugs

Sunshine

Grounding (aka walking barefoot outside; choose a warm day for this)

Laughing- watch funny videos or a show or sometimes I put on a comedy station on Sirius

Qi Gong (there are some great exercises in my book Yes, You Can Get Pregnant)

Magnesium salt baths

Saying NO + maintaining healthy boundaries

Here are some nervous system tools that are NOT free but can be very helpful:

Pulsetto <https://pulsetto.tech/products/meet-pulsetto-v2>

Heart math monitor

<https://store.heartmath.com/innerbalance>

Apollo <https://lp.apolloneuro.com/>

Acupuncture

EMDR

Clinical Hypnosis

## NERVOUS SYSTEM TOOLS TO INVEST IN

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