

3 Daily Practices to Reset Your Nervous System

Evidence-based tools to restore calm,
safety & balance

Dr. Hasina Sarwari, Clinical Psychologist

London Wellness Clinic



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RESTORING SAFETY IN THE BODY

The nervous system is the foundation of emotional and physical wellbeing. When you experience stress or trauma, your body's alarm response can stay switched on – keeping you in a state of fight/flight or exhaustion.

The body needs predictable, gentle cues of safety to return to balance. This short guide introduces three evidence-based practices to help regulate your nervous system and support healing. These practices are simple, accessible. Daily, consistent practice is key.

1. Grounding Through the Senses

Pause and gently notice:

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

Why it works:

Grounding brings your attention to your senses and your immediate surroundings. This can help interrupt racing thoughts, reduce focus on perceived threat and support your nervous system in reconnecting with the present moment.



2. Relaxation Breathing

How:

Breathe in gently for 4–5 seconds, then breathe out slowly for 5–6 seconds.

Continue for several minutes, keeping the rhythm comfortable, quiet and unforced. There is no need to take unusually deep breaths.

Why it works:

A slightly longer exhale can support the body's natural calming response and help reduce physiological arousal. Slower breathing may encourage parasympathetic activity—the part of the nervous system associated with rest, recovery and a greater sense of ease.



3. Gentle, Mindful Movement

How:

1. Choose a gentle form of movement that feels comfortable, such as stretching, yoga or walking.
2. As you move, notice what is happening in your body:
 - Am I holding my breath or clenching my jaw?
 - Are my shoulders lifted or tense?
 - Does my chest feel tight or restricted?

Why it works:

Gentle movement can help release built-up muscular tension and bring awareness back to the body in a manageable way. Moving slowly and intentionally may support a greater sense of grounding, connection and ease.



Simple Ways to Practice Self-Care

Incorporate small habits daily

01 GET ENOUGH SLEEP

02 DRINK MORE WATER

03 PRACTICE DEEP BREATHING

04 JOURNAL YOUR THOUGHTS

05 TAKE REGULAR BREAKS

06 DISCONNECT FROM SCREENS

07 PRACTICE SAYING "NO"

08 ENJOY SOMETHING CREATIVE

09 EAT SOMETHING NOURISHING

10 CHECK IN WITH YOURSELF

Guided Coherent Breathing

With Dr. Hasina Sarwari, Clinical Psychologist
London Wellness Clinic

This short, guided practice uses coherent breathing - a gentle, research-informed technique that helps support nervous system regulation and restore a greater sense of balance between the body's stress and calming responses.

You'll be guided to breathe at a slow, steady rhythm, helping your body settle and reconnect with a sense of safety, calm and presence.

Use this recording whenever you feel tense, overwhelmed or disconnected. With regular practice, these small moments of calm may help your mind and body become more familiar with feelings of ease, steadiness and connection.

[CLICK HERE FOR YOUR GUIDED PRACTICE](#)

(AUDIO: 5 MINUTES — BEST WITH HEADPHONES AND A QUIET SPACE)

Reflection and Next Steps

Nervous system regulation is not about feeling calm all the time. It is about learning to notice what is happening within you and responding with greater awareness, compassion and choice.

- Which practice felt the most supportive?
- How did my body feel before the practice?
- What, if anything, changed afterwards?

Select one small and realistic action to practise over the coming week:

- ☐ Practise one nervous system reset each day
- ☐ Spend a few minutes outside each day
- ☐ Create a calmer morning or evening routine



020 7097 2245



info@london-wellnessclinic.com



www.london-wellnessclinic.com



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