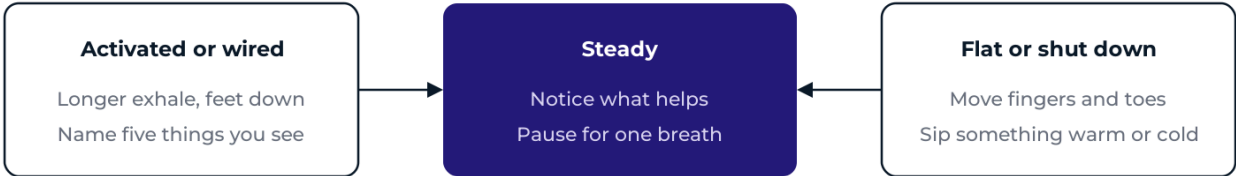


Nervous System Support Menu

Kindred Heart Collective · Oct 20, 2026



Support moves you toward steady from either side



Scattered or tender? The table below has tools for those too.

Match the tool to how your system feels right now. Try one, notice, and adjust.

If you feel...	It can look like	Small things to try
Activated or wired	Racing thoughts, tight chest or jaw, restlessness	Exhale longer than you inhale for five breaths. Press your feet into the floor. Name five things you can see.

If you feel...	It can look like	Small things to try
Flat or shut down	Heaviness, numbness, fog, little motivation	Gently move your fingers and toes. Sip something warm or cold. Look around slowly and name the colors you see.
Scattered or overwhelmed	Too many tasks, hard to focus, jumpy	Write down just the next one thing. Place a hand on your chest or belly. Take one task at half speed.
Tender or emotional	Tearfulness, vulnerability, a lump in the throat	Wrap yourself in a blanket or hold a pillow. Offer yourself a kind phrase, out loud or silently. Rest your attention on something steady.
Okay, even a little steady	Neutral, calm, or quietly content	Notice what helps you feel this way. Pause for one deep breath and let it register.

These are gentle supports, not fixes. If a tool increases distress, set it down and choose something simpler or more external, like looking around the room or feeling the temperature of your hands.

A Note of Care

These practices are offered for general wellness and self-reflection. They are not a substitute for therapy, medical care, or crisis support. If you are in crisis or thinking about harming yourself, call or text 988 (the Suicide and Crisis Lifeline in the US) or contact local emergency services.