

Nervous System Rescue Protocol

Time of Day	Action / Tool	Purpose / Benefit	How/When
<p>Morning</p>	<p>Sunlight within 30 min of waking</p>	<p>Anchors cortisol rhythm, signals safety to brain</p>	<p>Go outside for 10-15 min upon waking, no sunglasses</p>
	<p>Eat protein + fat + carbs breakfast. Example: 2 eggs scrambled in ghee + ½ cup white rice + boiled carrot/beets <u>OR</u> Cottage cheese + honey + slices of ripe papaya <u>OR</u> Boiled potatoes + cheddar cheese + warm chicken breast + baked apple <u>OR</u> Oatmeal with warm milk, cinnamon, and 1 tsp coconut oil <u>OR</u> Warm milk + collagen + honey (liquid breakfast for low appetite mornings)</p>	<p>Stabilizes blood sugar and nervous system</p>	<p>Eat within 1 hour of waking; no coffee or black/green tea on empty stomach</p>
	<p>Vitamin B6 (P5P, 25-50 mg)</p>	<p>Supports neurotransmitters like GABA & serotonin</p>	<p>Take in the morning with food</p>
	<p>No phones no online meetings during</p>	<p>Creates grounded, slow</p>	<p>Sit in silence or</p>

	breakfast	start to the day	with calming music while eating
	L-theanine	Reduces racing thoughts, promotes calm alertness	Take as capsule or chewable, with or after breakfast
Afternoon	25 min NSDR or yoga nidra	Downregulates stress loop, promotes deep rest	Use YouTube, lie down with eyes closed
	Slow walk or stretch outside after lunch	Activates parasympathetic system gently	10-15 min outside or in quiet space, no phone or meetings
	Magnesium glycinate (afternoon dose)	Helps maintain calm energy through afternoon	Optional: take 200 mg around 3:30 pm
Evening	No screens 1 hour before bed	Protects melatonin, reduces stimulation	Use blue light blocking glasses, dim lights; avoid phone/TV. Read in silence
	Nightly ritual: herbal tea (lavender, chamomile)/candles/bath	Conditions brain to associate ritual with	Use the same cue every night (e.g., tea

		calm	+ book)
	Taurine and Glycine	Calms fear/anxiety loop before bed	500-1000 mg of Taurine and 3-5g Glycine before bed
	Phosphatidylserine (optional)	Lowers evening cortisol, eases sleep transition	Take 100 mg with dinner or 1 hour before bed
	Magnesium glycinate (evening dose)	Improves sleep, reduces night-time worry	200-400 mg in capsules or powder, 30-60 min before bed
Optional Supplements & Therapies	Phosphatidylserine (100 mg PM if high stress)	Helps lower stress hormones if elevated at night	Evening only, with food or before sleep
	Somatic Experiencing (SE)	Retrain your body to feel safe and release stored tension from chronic stress or trauma.	Highly recommend to read the book: "Waking the Tiger" by Peter Levine. Techniques to try: - Orienting: turn head slowly and observe surroundings

			<ul style="list-style-type: none"> - Pendulation : gently shift attention between tension and calm - Voo Sound: low humming to calm the vagus nerve
	EMDR or Brainspotting	Processes stored trauma, rewires reactions	Look for trained therapist (online or local) or use YouTube: "EMDR self-administered session for anxiety".
	Polyvagal-informed therapy	Teaches vagus nerve to return to 'safe' mode	Multiple techniques: Deep Breathing (4-7-8 method), body scan practice, sound-based practice,

			<p>belly breathing, Playful movement (dancing, stretching with music)</p>
	<p>Trauma-sensitive yoga or breathwork</p>	<p>Uses gentle movement to rebuild safety signals</p>	<p>Use YouTube or find an online course. Look for Restorative yoga for anxiety, Breathwork for nervous system reset, focus on poses like child's pose, legs up wall, no pushing, no high-intensity exercises during healing stage.</p>

Notes:

This nervous system recovery protocol is designed to be used consistently for 6–8 weeks. During that time, it helps to interrupt chronic stress patterns, rebuild physiological resilience, and restore balance to your body and mind.

After 1–2 months, **adjust based on results:**

- Keep foundational pieces (morning meals, breathwork, sleep stack)
- Drop what you don't need daily
- Use “emergency reset” only when flaring

If you suffer from sleep problems, I have a full transformational protocol described in my book (coming soon), and I also share it in my posts on social media. Don't skip it - poor sleep will sabotage nervous system repair.

Want more? Visit theracellab.com to get real strategies, articles and practical tools.