



Unplug & Unwind

NERVOUS SYSTEM RESET

@continuumchiro

November

1 Take a walk in fresh air no headphones

2 Take 3 slow breaths before your morning coffee

3 Do a gentle spinal flow (cat-cow, twist, reach)

4 Sit or stand in sunlight for 5 minutes

5 Hug a loved one or your pet for 20 seconds

6 Walk barefoot in grass or dirt

7 Stretch before bed

8 Dance to one song

9 10-minute walk after lunch

10 Gratitude list of 3 things

11 1-minute body shake-out

12 Breathe deeply for 2 minutes outside

13 Share your favorite calming playlist

14 Try a new gentle movement

15 Do 10 wall angels or posture resets

16 Drink water before scrolling

17 Nature photo — no filter

18 5-minute stretch while dinner cooks

19 Write 3 wins from this week

20 Connect face-to-face instead of text

21 Take a quiet drive or slow music moment

22 Walk after your meal

23 Deep belly breathing before bed

24 Gratitude photo (family, food, etc.)

25 Reflect on what felt best this month & tag us

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27 Happy Thanksgiving!

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Notes



Utilize this area for your gratitude moments:
