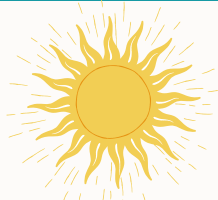


# WHAT TO DO WHEN YOUR NERVOUS SYSTEM IS FRIED

robyngobbel.com/podcast



bare feet  
on the grass



sunlight on face



cold water  
on face



stretch



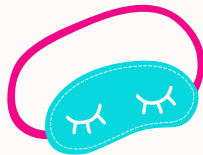
shower



talk to a friend  
who gets it



yoga



sleep



eat chocolate



skip



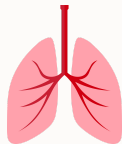
distracting  
game on phone



headphones



notice  
your feet



notice your  
breath



take a walk



The Baffling  
Behavior Show



cuss



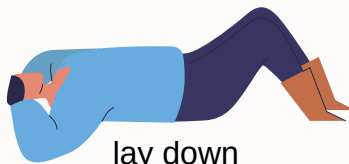
favorite  
foods



cute animal  
videos / photos



music



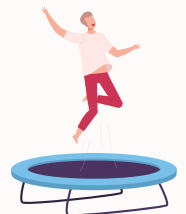
lay down



get a  
special drink



hand on heart



do something  
fun / silly



read a book



hug



pet an animal



do a chore



scroll tiktok



audiobook



walk  
the  
dog



sit outside



knit or crochet



cold or hot drinks



come to  
The Club



nice smelling  
lotion



crunchy  
snacks



coloring



soft or  
weighted blanket



garden



True Crime podcast



flavored gum



hydrate