

Table of Strategies to Balance ANS (PNS Activation and Energy Exchange)

STRATEGIES	DESCRIPTION	EXAMPLES OF RESOURCES	SCHOLARLY REFERENCES
Physical exercise	Increased physical exertion, such as running, cycling, swimming, or weightlifting (activates stress response and then triggers the parasympathetic response)	Fitness Blender - free workout videos	Edenfield & Blumenthal (2011)
Physical exercise + nature	Combines the therapeutic effect of both exercise and the outdoors	Informational website	Barton & Pretty (2010)
Walking	This is simply about taking steps	Pedometer apps list	Lee et al. (2013)
Yoga	Movement that involves breath control, body postures, and intentional focus	Yoga channels- Stephanie Adriene	Chong et al. (2011)
Breathing exercises	Intentional breathing technique to enable full oxygen exchange	Rectangle breathing video guide	Hopper et al. (2019)
Progressive muscle relaxation	Purposeful tension and release of muscle groups - one at a time	PMR Training video guide	Gao et al. (2018)
Mindfulness meditation	Meditation focused on full awareness of the present moment	Free meditation apps list	Zarate et al. (2019)
Creative or leisure activities	Unstructured leisure activities that may involve art, writing, music,	Craft ideas for adults list Free printable	Huet (2015) Trenberth & Dewe (2002)

	reading, playing games, etc. for enjoyment	coloring pages	
Earthing	Direct contact with the Earth's surface electrons (e.g., walking barefoot outside, sitting on the ground, swimming or wading in water) that transfer energy from the ground into the body	Informational video	Chevalier et al. (2019)
Forest Bathing	Immersion in a natural environment while taking in the surroundings (e.g., walk through the woods)	Forest bathing informational video Example	Furuyashiki et al. (2019)
Acupuncture	Placement of thin needles in specific locations; acupressure massage is an alternative	Mayo Clinic article	Pang et al. (2016)
Reiki	An alternative therapy also known as energy healing	Cleveland Clinic fact sheet	McManus (2017)
Qigong, tai chi	Mind-body practices that include slow deliberate movements, mindfulness, and breathing exercises	Cleveland Clinic article	Wang et al. (2014)
Periodic breaks in work	Structuring of work time (aside from scheduled classes, meetings, appointments) to include intermittent breaks	Informational article with list of helpful apps	Kuhnel et al. (2017)
Decluttering	Removing excess items to create more space; reorganizing a specific space (closet, drawer)	Article with tips for decluttering	Lee (2017)

Binaural sound therapies	A technique involving listening to specific sound frequencies, ideally through stereo headphones, in order to induce mental states, such as relaxation, sleep, concentration, memory, and creativity.	A neurologist explains binaural beats in this video Audio Tracks Focus Sleep Energy Boost	Garcia-Arribas et al. (2019)
Aromatherapy	A holistic healing treatment that uses natural plant extracts to promote health and well-being; Sometimes it's called essential oil therapy.	Online directory of essential oils	Hur et al. (2014)
Autonomous sensory meridian response (ASMR) and "oddly satisfying" videos	ASMR: Tingling sensations in the crown in response to a range of audio-visual triggers such as whispering, tapping, brushing, scratching, and hand movements Oddly satisfying: primarily visual, mesmerizing	Zen garden ASMR video Hydraulic press video Oddly satisfying compilation video	Poerio et al. (2018)
Emotional Freedom Technique (EFT) Tapping	Self-stimulation of acupressure points - based on energy flow	Explanation of science behind EFT. video	Nelms & Castel (2016) Sebastian & Nelms (2017) Morgan (2016)