



Trauma Recovery Ritual Kit

Your 7-day guide to nervous system healing. This kit contains everything you need to begin rewiring your nervous system and finding peace in your body again. Each practice is backed by research and designed to work with your natural healing wisdom, not against it.

Understanding Your Healing Journey

What Trauma Does

Trauma lives in your nervous system, creating patterns of reactivity and disconnection. Your body learned to protect you through hypervigilance, numbing, or fight-flight-freeze responses. These survival mechanisms served you once but may now feel overwhelming.

The good news? Your nervous system is incredibly adaptable. Through gentle, consistent practices, you can teach your body new ways to find safety and peace.

How This Kit Works

Each day introduces one evidence-based practice that supports nervous system regulation. You don't need to do them all at once or perfectly. Start where you feel called, and trust your inner knowing.

These aren't just breathing exercises—they're invitations to befriend your body again, to create predictable moments of safety, and to discover your own resilience.

Days 1-3: Building Your Foundation



Day 1: Mountain Air Breathing

What it does: Mimics high-altitude training to release natural feel-good chemicals and activate healing stem cells in your body.

The practice: Breathe normally for 30 seconds, then take a deep breath and hold for 30 seconds (or as long as feels comfortable). Repeat 3-5 times.

Try tonight: Practice this before bed to signal safety to your nervous system.



Day 2: Morning Fasting + Breathwork

What it does: Gives your cells space to repair while optimizing oxygen delivery for nervous system healing.

The practice: Stop eating 3 hours before bed. In the morning, practice 5 minutes of slow nasal breathing before breakfast.

Try tonight: Set your phone to remind you to stop eating 3 hours before your usual bedtime.



Day 3: Dancing Breath Rave

What it does: Combines movement and breath to energize your body while calming your nervous system.

The practice: Put on your favorite song. Dance for 2 minutes, then sit and breathe slowly through your nose for 2 minutes.

Try tonight: Create a "healing playlist" of 3-5 songs that make you feel alive and free.

Days 4-7: Deepening Your Practice

1

Day 4: Traditional Yoga Breathing

Teaches your body to stay calm under pressure while improving cellular efficiency. Hold a gentle forward fold for 30 seconds, breathing slowly and deeply. Notice how your body softens with each exhale.

2

Day 5: Longevity Breathing

Slows your natural breath rate to reduce cellular stress and potentially extend lifespan. Count your natural breathing rate for one minute, then practice breathing at half that speed for 5 minutes.

3

Day 6: Nasal Humming Meditation

Produces nitric oxide and healing vibrations that calm your nervous system naturally. Breathe through your nose while humming softly for 3 minutes. Feel the vibrations in your chest and head.

4

Day 7: Daily Reset Ritual

Creates predictable safety signals that support long-term nervous system rewiring. At the same time each day, take 10 slow breaths and say: "I am safe. I am healing. I am loved."

Setting Yourself Up for Success

Daily Practice Checklist

Before you begin, take a moment to create the conditions for healing. These simple preparations make all the difference:

- Create a quiet, safe space for your practice
- Choose one primary practice to focus on this week
- Set a consistent daily time for your healing ritual
- Prepare any props you need (timer, music, yoga mat)
- Tell someone supportive about your healing journey
- Commit to gentle self-compassion throughout the process

Remember: consistency beats perfection. Some days will feel easier than others, and that's completely normal.

Track Your Healing Journey

Use this tracker to notice patterns and celebrate small wins. Check off each practice as you complete it, and notice what feels different in your body and mind.

| Practice | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Mountain Air Breathing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fasting + Breathwork | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Dancing Breath Rave | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Yoga Breathing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Longevity Breathing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Nasal Humming | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Daily Reset Ritual | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

- Weekly Reflection Prompts:** After Day 3, notice your stress response patterns. After Day 5, check in with your sleep and energy. After Day 7, identify which practice felt most natural and what you'd like to continue.

Emergency Calm Kit

When old trauma patterns surface or you feel overwhelmed, these quick resets can bring you back to safety. Keep this page bookmarked for moments when you need immediate support.

5-4-3-2-1 Grounding

Notice 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. This sensory practice brings you back to your body and the present moment, interrupting the trauma response.

Box Breathing




Breathe in for 4 counts, hold for 4, breathe out for 4, hold empty for 4. Repeat this pattern until you feel your nervous system settling. This technique is used by Navy SEALs to stay calm under extreme pressure.

Heart-Hand Connection

Place one hand on your heart, one on your belly. Breathe into your hands and say: "I am safe right now. This feeling will pass." The physical touch combined with verbal reassurance signals safety to your nervous system.

Signs Your Nervous System is Healing

Healing isn't always dramatic. Often, it shows up in small, quiet ways. Celebrate these victories, no matter how subtle they feel:

-  **Sleeping more deeply or falling asleep easier**
Your body feels safe enough to truly rest and repair during the night.
-  **Feeling less reactive to triggers**
Things that used to overwhelm you now feel more manageable.
-  **Experiencing moments of genuine peace or joy**
You're reconnecting with positive emotions you may have forgotten were possible.
-  **Noticing your breathing is naturally slower**
Your baseline state is shifting from survival mode to rest-and-digest.
-  **Feeling more present in your body**
You're less disconnected or numb, more able to feel and sense yourself.
-  **Having increased tolerance for stress**
You can handle challenging moments without spiraling or shutting down.
-  **Feeling hopeful about your healing journey**
You're starting to believe that recovery is not only possible but already happening.

Remember This

Your healing doesn't have to be perfect to be real. Some days you'll practice consistently, other days you'll forget completely, and both are part of the journey. What matters is that you keep coming back to yourself with compassion.

Your nervous system has been protecting you the best way it knew how. Now you're teaching it new ways to find safety and peace. The hypervigilance, the numbing, the reactivity—these were all survival strategies that served you once.

Trust the process, trust your body's wisdom, and trust that healing is not only possible—it's already beginning.

This journey may feel slow at times, but every breath, every moment of presence, every practice is rewiring your nervous system at a cellular level. You are literally changing your biology, one gentle practice at a time.


Need Support on Your Healing Journey?

We're here to guide you with gentle, trauma-informed care. Reach out anytime you need support, have questions, or want to deepen your practice.

Connect With Arcane Guides

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 This kit is designed to complement, not replace, professional therapy. Always consult healthcare providers for serious mental health concerns.