

# USE YOUR BODY

PLAYFUL AND ACTIVE WAYS TO MOVE  
THROUGH YOUR NERVOUS SYSTEM

RUNNING / JOGGING

LIFT  
WEIGHTS

RIDE A  
BIKE

JUMPING / BOUNCING

STRETCHING

NATURE WALKS

ROCK IN A  
ROCKING CHAIR

SWIMMING



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# USE YOUR EARS

PLAYFUL AND ACTIVE WAYS TO MOVE THROUGH YOUR NERVOUS SYSTEM

LISTEN TO NEUTRAL NOISE  
(WHITE / BROWN / PINK)

ENJOY BIRD SONG

LISTEN TO NATURE

LISTEN TO RECORDINGS OF  
FAMILY OR LOVED ONES

PLAY YOUR FAVORITE SONG

ENJOY A CALMING VOICE ON  
A PODCAST OR MEDITATION

LISTEN TO A SPOKEN WORD  
PERFORMANCE / POETRY THAT HAS  
DEEP MEANING FOR YOU



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# USE YOUR EYES

PLAYFUL AND ACTIVE WAYS TO MOVE THROUGH YOUR NERVOUS SYSTEM

ADJUST THE LIGHTING

VIEW PICTURES OR VIDEOS OF NATURE

IMMERSE YOURSELF IN YOUR FAVORITE COLOR

TAKE IN ARTWORK

FIND AN ENJOYABLE VIEW OUTSIDE



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# USE YOUR FINGERS

PLAYFUL AND ACTIVE WAYS TO MOVE THROUGH YOUR NERVOUS SYSTEM

TAPPING

RUN WATER OVER YOUR HANDS

TOUCH GRASS OR LEAVES

TRACE THE OUTLINE OF YOUR HAND

STRETCH YOUR FINGERS

MASSAGE YOUR HANDS



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# USE YOUR MOUTH

## PLAYFUL WAYS TO ACTIVATE CRANIAL NERVES & REGULATE YOUR NERVOUS SYSTEM

### TRIGEMINAL NERVE (CN 5)

Chomp away your stress!  
Chewing gum or munching on crunchy snacks can help you feel more relaxed.

### FACIAL NERVE (CN 7)

Smile, pout, and whistle!  
Make funny faces, whistle a tune, or pamper your face with a gentle massage to unwind.

### GLOSSOPHARYNGEAL NERVE (CN 9)

Sing and taste the good vibes!  
Sing your favorite songs, click your tongue, or savor a delicious meal to boost your mood.

### VAGAL NERVE (CN 10)

Hum your worries away!  
Hum a catchy tune or practice calming breathing techniques to activate this nerve and feel more at ease.

### HYPOGLOSSAL NERVE (CN 12)

Get tongue-tied in a fun way!  
Click your tongue, practice rolling your "Rs," or playfully stick out your tongue to stimulate this nerve.

**REMEMBER, USING YOUR MOUTH TO ACTIVATE THESE CRANIAL NERVES CAN PROMOTE RELAXATION, REDUCE STRESS, AND CONTRIBUTE TO YOUR OVERALL WELL-BEING. SO GO AHEAD, PUCKER UP AND LET YOUR MOUTH WORK ITS MAGIC!**



# USE YOUR NOSE

PLAYFUL AND ACTIVE WAYS TO MOVE THROUGH YOUR NERVOUS SYSTEM

AROMATHERAPY

USE YOUR FAVORITE SOAP OR LOTION

SMELL FRESH CUT GRASS

STOP AND SMELL FLOWERS

BREW YOUR FAVORITE BEVERAGE

PUT ON A PLEASING COLOGNE OR PERFUME



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# USE YOUR TASTEBUDS

PLAYFUL AND ACTIVE WAYS TO MOVE THROUGH YOUR NERVOUS SYSTEM

SUCK ON A HARD CANDY

SAVOR YOUR FAVORITE FOOD

EAT SOMETHING SAVORY

ENJOY A CUP OF COFFEE

TRY SOMETHING SOUR

EAT SOMETHING SWEET



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