

# 7-DAY NERVOUS SYSTEM HEALING GUIDE

## AFTER GHOSTING

### Day 1 - The Shockwave

Your body reacts like it's under threat — heart racing, mind spinning. Pause before replying. Breathe deeply (6 in, 8 out). Move your body to release tension and remind yourself: you choose when to respond

### Day 2 - Dopamine Detox

Your reward circuit is craving that next text. Mute notifications. Fill that craving slot with rhythm — music, journaling, cooking. Sip adaptogenic tea (ashwagandha, tulsi) to balance cortisol.

### Day 3 - The Come-Down

Cortisol lingers; emotions crash. Move gently through yoga or a slow walk. Write a closure letter (don't send it). Eat magnesium-rich foods like dark chocolate, leafy greens, and pumpkin seeds.

### Day 4 - The Flashback

Memories replay; your amygdala sounds alarms. Ground through your senses and reaffirm: "I choose consistency, not confusion." Move with purpose — dance, lift, twerk — to reclaim your rhythm.

### Day 5 - The Regroup

Clarity flickers in. Review what this pattern cost you and redirect your attachment into creativity or community. Wind down with lavender or chamomile tea; stretch before bed.

### Day 6 - Re-Regulation

Your vagus nerve relaxes; your breath deepens. Practice coherent breathing (5 seconds in/out for 5 minutes). Visualize your nervous system as a calm, flowing river — yours again.

### Day 7 - Reclamation

Neural pathways shift toward peace. Create a release ritual — burn the letter, delete the thread, sage your space. Write: "I am not waiting for ghosts to validate my light." Celebrate your freedom.

