

20 Daily Micro-Habits that Reshape the Brain

1. Start your day with sunlight
2. Name your emotion out loud
3. Use the “Fact” versus “Opinion” cognitive exercise
4. Practice the 5-4-3-2-1 grounding method
5. Say something kind to yourself on purpose
6. Splash cold water on your face to reset your system
7. Take a 10-minute walk without your phone
8. Use bilateral stimulation (like butterfly hug or tapping)
9. Repeat a safe mantra like, “This is uncomfortable, not dangerous.”
10. Journal your thoughts using a CBT thought log
11. Do 2 minutes of box breathing
12. Visualize a calming, safe place
13. Listen to a nervous system-safe playlist
14. Eat a protein-rich breakfast to stabilize blood sugar
15. Stretch or shake your body to release tension
16. Notice one thing that went right today
17. Practice mindful hand-washing as a grounding ritual
18. Scan your body for tension and consciously soften it
19. Set a small boundary (even just saying “not right now”)
20. Keep a daily “tiny wins” list to track your healing

