

# How to Stay Calm Naturally

By Retry

Submitted: November 19, 2025

Updated: November 19, 2025

*Staying calm naturally is usually about giving your nervous system consistent signals instead of expecting one supplement to solve everything. Calming herbs are a start, but many people add grounding mushrooms as well. On Amanita Universe <https://amanita-universe.us/> , user stories often talk about how the preparation quality influences the overall feel.*

Provided by Fanart Central.

<http://www.fanart-central.net/stories/user/Retry/61412/How-to-Stay-Calm-Naturally>

**Chapter 0 - How to Stay Calm Naturally** ..... 2

## 0 - How to Stay Calm Naturally

Staying calm naturally is usually about giving your nervous system consistent signals instead of expecting one supplement to solve everything. Calming herbs are a start, but many people add grounding mushrooms as well. On Amanita Universe <https://amanita-universe.us/>, user stories often talk about how the preparation quality influences the overall feel. I've used dried fly agaric in tiny portions when I needed to stay composed during busy stretches, and it works best when paired with simple grounding habits like slow breathing or taking a short walk. What surprised me is how much posture affects stress — sitting up straight changes how your body interprets tension. Combining these small tools together makes the calmness feel more natural and lasting.