THE INTERNAL ATLAS

5-MINUTE NERVOUS SYSTEM RESET

a simple practice

EXPLORING THE MANY PATHS TO HEALING

THEINTERNALATLAS.COM

BEFORE YOU BEGIN

When everything feels like a little too much...

Stress can show up in our bodies in all kinds of ways. Maybe your shoulders are tense. Your thoughts are racing. You're having trouble focusing. Or maybe you just feel overwhelmed and need a minute.

This five-minute practice combines slow breathing, grounding, gentle movement, and sensory awareness to help you pause and reconnect with your body.

You don't have to do it perfectly. And you don't have to force yourself to feel calm.

Just notice what you feel before you begin—and see if anything shifts by the time you're finished.



MINUTES 1-2

01 - SLOW YOUR BREATH

Breathe in gently for about 4 seconds. Exhale slowly for about 6 seconds.

Continue at a pace that feels comfortable. If counting makes you feel more tense, forget the numbers and simply slow your breathing.

02 - FEEL YOUR FEET

Place both feet on the floor.

Notice the pressure beneath them. Feel where your feet meet the ground. Wiggle your toes if you'd like.

Look around and notice three things you can see.

No need to change anything. Just bring your attention back to where you are.



MINUTES 3 – 5

03 - RELEASE SOME TENSION

Notice where you're holding tension. Drop your shoulders. Unclench your jaw. Slowly roll your shoulders or gently stretch your neck. Take one slow breath and let your body soften.

04 - NOTICE YOUR SENSES

Pause and notice:

3 things you can see
2 things you can hear
1 thing you can physically feel

Notice the chair beneath you, your feet on the floor, or the temperature of the air.

05 - CHECK BACK IN

Take one more slow breath. Then ask yourself:
What do I notice right now?
Maybe you feel calmer. Maybe your breathing has slowed. Maybe nothing feels different. All of those answers are okay.
There's no right way to feel. Just pause and notice.



A NOTE FROM ERICA

One of the things I'm learning on my own journey is that feeling better doesn't always have to mean making some huge change.

Sometimes it can simply mean noticing what is happening in your body and giving yourself a few minutes to slow down.

This isn't meant to fix everything you're feeling. It's just one small tool you can come back to when life feels like a lot.

Try it. Notice how you feel. Keep what helps.

And keep exploring.

Erica Pitts

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