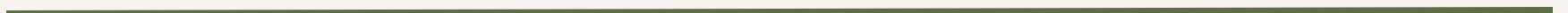
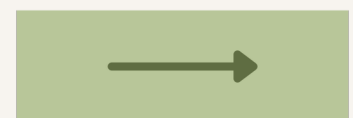
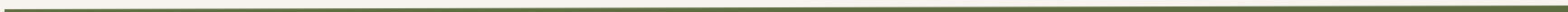

5-Minute Nervous System Reset Guide

YOUR NERVOUS SYSTEM RESPONDS TO SMALL MOMENTS OF SAFETY— NOT FORCE..



Use This Reset When You Feel:

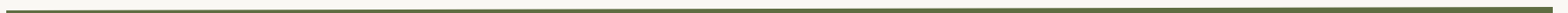
- ☐ Anxious
- ☐ Overwhelmed
- ☐ Emotionally drained
- ☐ Overstimulated
- ☐ Unfocused
- ☐ Tense



01

Calm Your Breath (1 minute)

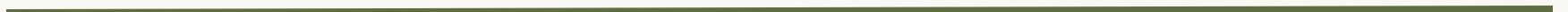
- Inhale for 4 seconds, exhale slowly for 6–8 seconds. Repeat for 6–10 rounds to signal
- Safety to your nervous system.



02

Ground Your Body (1 minute)

- Place both feet on the floor.
- Press your toes gently down and notice the sensation of support beneath you.
- Take three slow breaths.

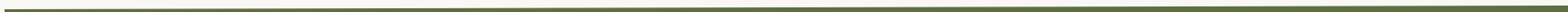


03

Activate Calm (1 minute)

Splash cool water on your face or hold something cold in your hands.

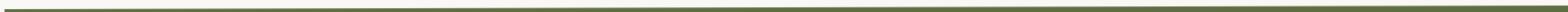
(This helps reset stress response quickly.)



04

Release Tension (1 minute)

- Roll your shoulders slowly.
- Stretch your neck side to side.
- Exhale deeply as you release tightness.



05

Reset Your Mind (1 minute)

Silently repeat:

"I am safe. I am calm. I am grounded."



A Little Note

I created this reset guide to help you come back to calm in the middle of real life. Our bodies hold stress in ways we don't always notice, and even a few minutes of intentional breathing and grounding can create powerful shifts. My hope is that these simple practices support your nervous system, restore balance, and remind you that healing is always available in small moments.

With love and intention,

Erica Pitts

