

Compassionate Self-Care

Your Five Minute Reset

This is how to work with your nervous system and guide yourself home to inner steadiness just when you need it.

The Practice

1 Set up

Find somewhere comfortable to sit with your feet flat on the floor. Rub your hands together to stimulate the energy.



You're connecting with acupressure points that will calm your body.

Gently and slowly stroke your hands up and down your arms while slowing and deepening your breath.

This is like giving yourself a hug while you silently affirm, *"I'm here and listening"*, like a kind friend would.

Stay here for a couple of mins or longer if it feels good - notice what shifts in your mind and body.

Now place the fingertips of both hands in the dip on your neck behind each earlobe.

Using small circles take your time to gently massage from down the sides of your neck to your collar bones, closing your eyes if it feels good.

Repeat 3 times - notice any shifts in your mind and body.



Following the path of your vagus nerve that runs down each side of your neck will send your body more signals of calm.



Connecting with the energy of your heart is a reassuring act of self-care, grounding and calming you.

Now rest one hand in your lap and the other on your heart.

Let it be warm and still. Breathe gently. Nothing forced, just your natural rhythm.

Notice the weight and the warmth. You're simply telling your body that you're here.

Stay for 5 deep breaths, or as long as feels good.

What's happened – has your mind quietened, has your body softened? Just a small shift can help your body move into a place where it supports you better.



HEARTSCAPE
A PATH BACK TO YOU

www.heartscape.co.uk - Emma Nicholls