



The Breathe & Rewire™ Reset

A 3-Minute Nervous System Reset for Overwhelmed
Moms

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breatheandrewire.com



Start Here

This reset is for moments when your body feels tense,
your thoughts feel fast,
and parenting

feels heavier than it
should.

Nothing is wrong with you. Your nervous system is asking for
safety.

Why This Works

Under stress, your nervous system shifts into survival mode.
In this state, patience, logic,
and emotional flexibility decrease.

Slow breathing sends a direct signal of safety to the brain.
When the body feels safe,
the brain can rewire.

Step 1: Breathe

Place one hand on your chest and one on your
belly.

Inhale through your nose for 4
Pause for 2 Exhale slowly through
your mouth for 6

Repeat for one
minute.

Step 2: Rewire

As you breathe, gently

repeat:

This moment is uncomfortable, not

dangerous.

Step 3: Respond

Before reacting, ask yourself: What response would feel regulating right now?

Sometimes the most regulating response is a pause.

You can return to this reset whenever you need.

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