

# #36 – THE NERVOUS SYSTEM RESET MAP

*Five questions to help you calm your body so your clarity can come back online.*

Your nervous system speaks before your mind does.

When it's overloaded, you react.

When it's calm, you choose.

This map helps you return to a grounded, clear state – quickly, gently, and without overthinking.

## **1. What sensation am I feeling in my body right now – tightness, heat, buzzing, heaviness, or pressure ?**

Your body always reports the truth.

Labeling the sensation lowers the intensity instantly.

Your thoughts: \_\_\_\_\_

## **2. Is my body asking for stillness, movement, breath, water, or space?**

Regulation is biological, not mystical.

Your body knows what it needs – you just have to listen.

Your thoughts: \_\_\_\_\_

## **3. What emotion is underneath the physical sensation – fear, overwhelm, shame, anger, grief, or exhaustion?**

Every spike has an emotional root.

Find the root → loosen the reaction.

Your thoughts: \_\_\_\_\_

## **4. What happened right before my body shifted states?**

There is always a cue:

a tone of voice, a memory, a thought, a pressure, a comparison, a fear.

Identify the cue → reclaim your power.

Your thoughts: \_\_\_\_\_

## 5. What simple regulation step can I take right now to bring my system down 10%?

Not to zero –

just down 10%.

Clarity returns in increments.

Examples:

- Deep exhale
- Shaking out hands
- Putting feet flat on floor
- Drinking water
- Slow walk
- Naming the feeling
- Closing eyes for 20 seconds

Your thoughts: \_\_\_\_\_

## FINAL REMINDER:

A regulated nervous system creates a calm internal environment.

Clarity isn't found in the mind –

it's found in the body that finally feels safe enough to think clearly.