

#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.