2-Minute Nervous System Reset

- Close your eyes or soften your gaze. Let your shoulders drop and feel your body arrive and settle into this moment.
- Notice where your feet meet the floor and the temperature of the air around you. Unclench your jaw, soften your cheeks, and let your tongue rest gently on the roof of your mouth.
- Take a slow inhale through your nose and a slow exhale through the nose, letting your breath become smooth and steady.
- Inhale for 5 seconds. Hold for 5-10 seconds. Exhale for 5 seconds. Hold empty for 5 seconds. Repeat this cycle 2-3 times, staying soft through the jaw, shoulders, and belly.
- Take one more natural breath in and a long breath out. Bring gentle movement into your fingers and toes. When you are ready, open your eyes---you are grounded and reset.