

5-Minute Nervous System Reset Guide



with Vital Roots Massage

Welcome, beautiful soul!

I'm so honored you're here.

This simple 5-minute ritual is designed to help you reconnect with your body, soften your nervous system, and return to your natural state of peace.

These practices are gentle, powerful tools you can come back to anytime you need grounding, comfort, or clarity. Healing is your birthright. May these few minutes be a doorway back to yourself.

with love, Rebecca

Ritual #1

I. Breathwork: "The Soften and Sigh"

Purpose: Instantly signals your nervous system to relax.

Instructions:

- Close your eyes.
- Take a slow, deep inhale through your nose for 4 seconds.
- Exhale with a gentle audible sigh through your mouth. (Like a soft "haah.")
- Repeat 3 times.

(Inhale and exhale fully, feeling your belly and lungs naturally expand)

Ritual #2

2. Body Ritual: "Heart + Belly Hold"

Purpose: Ground and calm your body through gentle self-touch.

Instructions:

- Place one hand over your heart and one over your lower belly.
- Apply light pressure. Feel the warmth of your hands.
- Breathe slowly and feel your body rise and fall.
- Stay for 1 minute.

(Practice for as long as you wish, reminding your body that it's safe)

Ritual #3

3. Affirmation: "I Am Safe to Soften."

Purpose: Speak safety directly into your nervous system.

Instructions:

- Close your eyes or gaze softly downward.
- Repeat the affirmation quietly 3 times, as you breath deeply:
- “I am safe to soften. I am safe to soften. I am safe to soften.”
- Let the words melt into your body.

(Whisper gently to yourself, letting the words settle into your bones.)

Thank you for allowing
me to guide you back to
yourself. May you return
to these practices
whenever you need
grounding, clarity, or
softness.



*P.S. Whenever you're ready for
deeper support, I've created a full
Nervous System Reset Kit to help
you continue softening, unwinding,
and coming home to yourself! Stay
tuned...*