



Nervous System Reset Kit

INTRODUCTION: WHY A NERVOUS SYSTEM RESET?

Burnout, anxiety, chronic tension, and emotional overwhelm aren't just in your mind. They live in your body. When you've spent years in survival mode—over-functioning, people-pleasing, holding it all together—your nervous system may have learned to stay stuck in "on" or "shut down" mode.

This kit offers gentle, body-based tools to begin shifting out of survival mode and into safety. These are simple but powerful ways to tell your body: It's safe to slow down. You don't have to hold it all.

You don't need to be fully healed to begin. Just willing to try.

TOOL 1: GROUNDING THROUGH THE SENSES

Purpose: To bring your awareness out of anxiety and back into your body.

Practice:

- Name 5 things you can see
- Name 4 things you can touch
- Name 3 things you can hear
- Name 2 things you can smell
- Name 1 thing you can taste

Repeat: 2-3x slowly, breathing gently.

Try saying: "I am here. This moment is safe."

These tools are here to support you, but you don't have to figure it out on your own. Book a free call to see how therapy or coaching could help you feel more grounded, connected, and safe.

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TOOL 2: BUTTERFLY HUG

Purpose: Soothing, self-holding method for calming the body.

Practice:

1. Cross your arms over your chest, as if hugging yourself.
2. Gently tap your hands on your upper arms, alternating left and right.
3. Do this for 1–2 minutes.
4. Breathe slowly, and say a phrase like, “It’s okay to be with myself.”

When to use: After overwhelm, during emotional release, or to start the day.

TOOL 3: ORIENTING

Purpose: Reminds your brain and body that you are safe now.

Practice:

- Sit or stand still.
- Gently move your head and eyes to look slowly around your space.
- Let your eyes land on things that feel pleasant or neutral.
- Stay with each object for a breath or two.

Say to yourself: “This is a safe moment. I can rest now.”

TOOL 4: SOMATIC SHAKING

Purpose: Helps release stuck energy or adrenaline.

Practice:

- Stand with feet shoulder-width apart.
- Begin gently shaking your hands, arms, shoulders.
- Let the shaking move through your hips, knees, feet.
- Shake for 1-2 minutes.
- Let out a sigh or sound when done.

Optional: Play music. Let the body move how it wants.

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TRACKING TEMPLATE (DAILY)

Date	How did I feel before?	Which tool did I use?	How did I feel after?

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CLOSING AFFIRMATIONS

- I am learning to feel safe in my body.
- My nervous system is allowed to rest.
- I can pause without guilt.
- Every step I take toward myself matters.
- I don't need to be fixed—I need to be met.

READY TO GO DEEPER?

These tools are just a starting point. If you want to explore somatic therapy or trauma-informed coaching, I'd love to support you.

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