



THE 5-MINUTE REGULATION RITUAL

Regulate. Renew. Rise.



The Sacred Bloom Club



“A nervous system reset for when you feel scattered, anxious, or disconnected.”

Hey love — before you push through another moment of overwhelm, pause.
This ritual is designed to help your body feel safe again so your mind can follow.
It takes less than five minutes and requires nothing but your presence and breath.

Let's begin.

Step 1 – Ground (1 minute)

Place your feet flat on the floor.

Notice the weight of your body being held by the earth.

Feel your chair, the texture beneath you, the air against your skin.

Whisper gently to yourself:

“I am here. I am safe enough to pause.”

Why it works: grounding sends a signal to your vagus nerve that the present moment is safe, helping your body exit fight-or-flight.

Step 2 – Breathe (1 minute)

Inhale through your nose for 4 counts, hold for 2, exhale slowly through your mouth for 6.

Repeat this 3-4 times.

Imagine releasing tension with every exhale – the thoughts, pressure, and perfectionism melting away.

Mantra:

“Every breath brings me back to balance.”

Why it works: long exhales regulate your parasympathetic system, lowering cortisol and inviting calm.

Step 3 – Feel (1 minute)

Without judging or naming it “good” or “bad,” notice what’s happening inside your body.

Where do you feel warmth, tightness, or heaviness?

Place a hand over that area and whisper:

“Thank you for showing me what needs care.”

Why it works: acknowledging emotion without suppression builds emotional safety and reconnects body awareness.



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Step 4 – Reconnect (1 minute)

Think of one thing that brings you genuine safety – a person, memory, song, or scent. Visualize it wrapping around you like soft light. Let that image fill your chest, your breath, your space.

Mantra:

“Safety is something I can create.”

Why it works: the body often responds to imagery faster than logic; visualization increases oxytocin and calm.

Step 5 – Affirm (1 minute)

Gently repeat:

“My nervous system is learning safety.”

“My pace is sacred.”

“I am safe to slow down and rise.”

Sit with your hand on your heart and take one last deep breath in.

Feel your body soften.

Notice how much lighter it feels to be present again.

Integration Prompt

After this ritual, journal or voice-note:

- What sensations changed in my body?
- What emotions or memories surfaced?
- What do I need to feel supported right now?

Want to keep your nervous system supported?

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