STURRUP

COUNSELLING & CONSULTING LTD.

A GUIDED NERVOUS SYSTEM RESET

# THE WELLNESS RESET

A gentle workbook for moments of stress and overwhelm

**Pause. Notice. Ground. Breathe. Choose.**

Use these pages whenever you need a few quiet minutes to reconnect with your body, understand what you need, and choose one supportive next step.

Created by Sturrup Counselling & Consulting Ltd.

# 1 Begin with a gentle check-in

This reset is not about forcing yourself to feel calm. It is a short practice for noticing what is happening, creating a little more safety, and responding with care.

**RIGHT NOW, I NOTICE...**

- ☐ Tension in my body
- ☐ Racing or looping thoughts
- ☐ Low energy or shutdown
- ☐ I feel steady enough

On a scale from 1 to 10, how activated or overwhelmed do you feel?

1 2 3 4 5 6 7 8 9 10

settled overwhelmed

**What feels most important to acknowledge before you continue?**

**Permission:** You can move slowly. You can skip a prompt. You can return later.

# 2 Pause and notice

Take one slow moment before trying to solve anything. Let curiosity replace judgment.

**What happened?**
Name the situation in one or two sentences, without interpreting it yet.

**What did I notice first?**
A thought, emotion, urge, memory, or sensation?

**Where do you feel stress in your body?**

- ☐ Head or jaw
- ☐ Chest or breath
- ☐ Stomach
- ☐ Shoulders or back
- ☐ Hands or legs
- ☐ Somewhere else

**The strongest emotion I can name is...**

**The thought that keeps showing up is...**

**TRY THIS**

Place both feet on the floor. Look around and name three neutral things you see. Say quietly: *I am here. I can take this one moment at a time.*

# 3 Ground in the present

Use your senses to help your attention return to where you are now. There is no need to rush.

**5 things I can see**

**4 things I can feel**

**3 things I can hear**

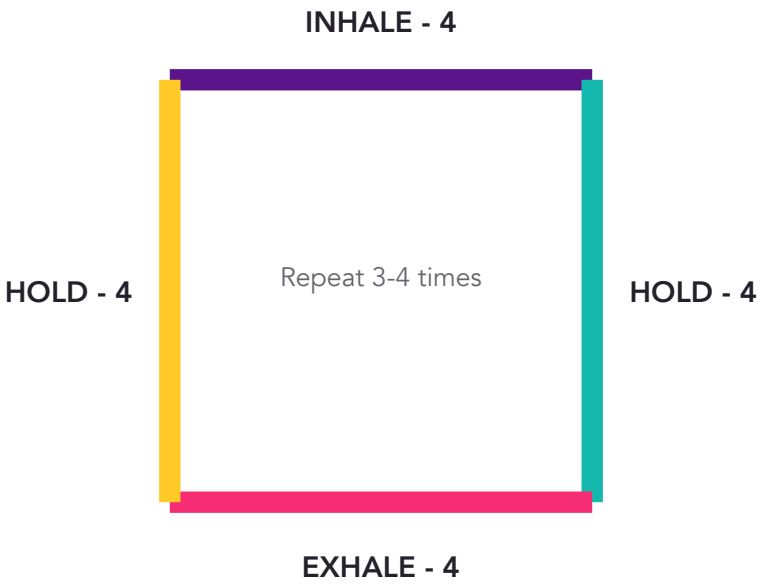
**2 things I can smell**

**1 thing I can taste or appreciate**

After grounding, my body feels: _____

# 4 Breathe and soften

Choose a comfortable breath. If counting feels uncomfortable, simply make your exhale a little longer than your inhale.




**NOTICE**

Can you unclench your jaw, lower your shoulders, soften your hands, or let your tongue rest? Choose just one place to release 5% of the tension.

**What changed, even slightly?**

# 5 Respond with compassion

Stress often carries information. Instead of asking, 'What is wrong with me?' try asking, 'What might I need right now?'

**A COMPASSIONATE REFRAME**

My mind or body may be responding this way because it is trying to protect me from...

**What would support you most in the next hour?**

- [ ] Quiet or rest
- [ ] Movement
- [ ] Food or water
- [ ] Connection
- [ ] A clear boundary
- [ ] Practical help

**One kind sentence I can offer myself is...**

**One small next step I can take is...**

Small steps count. A reset does not need to solve everything; it only needs to support the next moment.

# 6 Create your personal reset plan

Keep this page nearby and personalize it over time. The best tools are the ones that feel realistic for your life.

### MY EARLY SIGNS OF STRESS

### TOOLS THAT HELP ME FEEL GROUNDED

### PEOPLE OR PLACES THAT SUPPORT ME

### A BOUNDARY THAT PROTECTS MY WELLBEING

### MY RESET REMINDER

When I notice _____, I will pause and _____. If I need more support, I will reach out to _____.

This workbook is for education and self-reflection. It is not a substitute for counselling, diagnosis, or emergency care. If you are in immediate danger or need urgent support, contact local emergency services or a crisis service in your area.