

WHY YOUR
NERVOUS SYSTEM
STAYS IN GO MODE

ROOTED IN CARE. GROWING IN WHOLENESS

HOW ONE EXHALE
CAN SHIFT YOUR
ENTIRE STATE.

7-DAY NERVOUS SYSTEM RESET GUIDE

CALM IS A SKILL

CURATED SOMATIC TOOLS
FOR REAL-WORLD STRESS

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DAY 1

THE BREATH RESET

Practice

Inhale 4 sec



Exhale 8 sec

Repeat 6 times

Goal

TO SIGNAL THE VAGUS NERVE THAT THE BODY IS SAFE AND TO REDUCE BASELINE PHYSIOLOGICAL AROUSAL.

How it helps

- Longer exhales activate the parasympathetic nervous system.
- Reduces heart rate and muscle tension.
- Shifts you out of "Go Mode" (fight/flight) within 30–90 seconds.
- Helps with anxiety spikes, racing heart, and restlessness.

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Day 2

Body Scan

Goal

TO BUILD
AWARENESS OF
WHERE STRESS
PHYSICALLY
SHOWS UP IN
THE BODY.

Practice

1-minute
head-to-toe scan for
tension or tightness.

How it helps

- Interrupts the automatic stress cycle.
- Helps identify early signs of overwhelm before burnout builds.
- Increases **interoception**, improving emotional regulation.
- Reduces unconscious bracing patterns (jaw clenching, shoulder tightening).

Interoception is
the understanding
of your body's
internal senses.

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Day 3

Emotional Check-In

Practice

Ask yourself
"What am I feeling
right now?
What do I need?"

Goal

TO BREAK THE
HABIT OF
EMOTIONAL
SUPPRESSION
AND
RECONNECT
WITH INTERNAL
CUES.

How it helps

- Prevents emotional overload from accumulating.
- Helps shift from **reaction** → **reflection**.
- Supports nervous system regulation by giving emotions language (naming diffuses intensity).
- Builds self-awareness and grounded decision-making.

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Day 4

Somatic Release

Practice

Shake your arms, legs, torso for 30 seconds.

Goal

TO RELEASE STORED SYMPATHETIC ACTIVATION (FIGHT/FLIGHT ENERGY) FROM THE BODY.

How it helps

- Mimics the natural discharge animals use after a threat.
- Reduces cortisol and adrenaline.
- Helps reduce irritability, agitation, and "pent-up" stress.
- Resets the body after long periods of sitting or over-focusing.

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Day 5

Safety Anchor

Practice

Place a hand on your chest or belly and breathe slowly.

Goal

TO CREATE
INTERNAL
SENSATIONS OF
SAFETY THAT
COUNTERACT
CHRONIC
STRESS.

How it helps

- Touch activates pressure receptors that calm the brain.
- Helps reduce anxiety, panic sensations, and emotional overwhelm.
- Encourages co-regulation with yourself (self-soothing).
- Builds a stable internal "home base" for your nervous system.

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Day 6

Slow Morning Ritual

Practice

No screens for first 10 minutes after waking.

Goal

TO PREVENT A MORNING CORTISOL SPIKE AND MENTAL OVERLOAD.

How it helps

- Reduces immediate overstimulation from notifications and information.
- Helps maintain balanced cortisol rhythm.
- Improves focus, mood stability, and emotional readiness for the day.
- Prevents anxiety surges that many people mistake as "morning anxiety."

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Day 7 Nervous-System Friendly Reflection

Goal

TO INTEGRATE
WHAT WORKS
FOR YOUR
NERVOUS
SYSTEM SO THE
PROGRESS
CONTINUES.

Practice

Journaling prompts:
– What calmed me
this week?
– What triggered me?
– What boundaries
helped?

How it helps

- Turns awareness into long-term regulation habits.
- Helps identify specific patterns: people, situations, foods, or behaviours that dysregulate you.
- Reinforces safety circuits in the brain through predictable routines.
- Helps prevent relapse into old stress patterns.

Bonus

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Bonus Weekly Regulation Tracker

Practice

Rate each day 1–10 on:

- Calmness
- Focus
- Mood stability
- Physical tension
- Emotional overwhelm

How it helps

It shows which tools work best for your nervous system because healing is personal, not one-size-fits-all.

*A Note to
Your Nervous System*

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From the therapist

A Note to Your Nervous System

You've just given your body something it rarely receives;
attention, softness, and consistency.

Regulation isn't a one-time event.

It's a pattern your nervous system learns through repetition,
through small signals of safety offered again and again.
Come back to these practices whenever life feels heavy.
Your body will remember the way home.

If you'd like support in regulating your nervous system,
processing emotional overload,
or building sustainable calm, I'm here.

For weekly nervous system notes, somatic tools,
and gentle mind-body healing
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