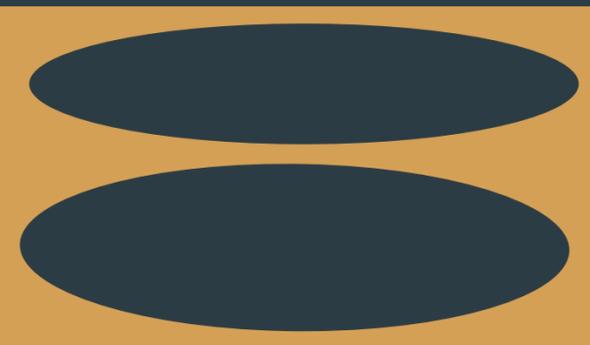
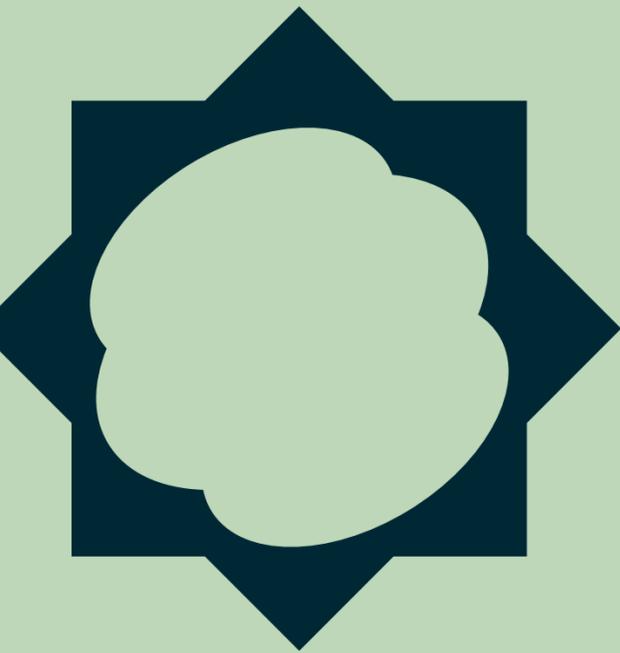


7-Day Nervous System Reset

Simple daily practices to calm your body, mind, and heart.

By Brea Burke

www.BreaBurke.com

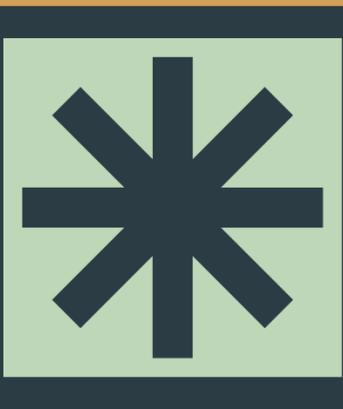


Welcome

Life today is fast, busy, and often overstimulating. Even if we keep going, our nervous system quietly carries the load – sometimes shifting into survival mode without us realizing it.

This 7-day reset is here to help you pause, recharge, and bring your body and mind back into balance. Each day offers a short, simple practice with reflection. Small steps create big shifts when practiced with consistency.

✦ Tip: These are invitations, not obligations. Choose what feels supportive.



Understanding Your Nervous System

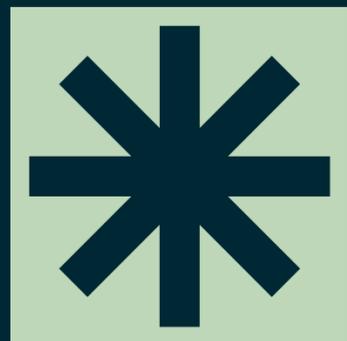
Your nervous system is the foundation of how you feel, think, and respond.

When it's **dysregulated**, you may feel anxious, restless, or disconnected. When it's **regulated**, you feel calm, present, and grounded.

Common Survival Modes:

- Fight → racing thoughts, irritability, reactivity
- Flight → overworking, anxiety, avoidance
- Freeze → shutdown, numbness, disconnection

Goal of this Reset: Shift from survival mode back into safety, clarity, and presence.



BOX Breathing

Affirmation: "Each breath brings me back to myself."

Today's Focus: Calm your body and steady your mind through intentional breathing.

Practice:

Inhale for 4, hold for 4, exhale for 4, hold for 4. Repeat 4 rounds.

Why It Works:

Box breathing balances oxygen, lowers heart rate, and signals safety to the nervous system. It's a proven tool used by athletes and first responders to stay calm under pressure.

Try This:

- Sit comfortably with feet on the ground.
- Visualize a square as you trace each side with your breath: in → hold → out → hold.
- Notice how your body softens.

Reflection Prompt:

"How do I feel now compared to before this practice?"



5-4-3-2-1 Grounding

Affirmation: "The present moment is my anchor."

Today's Focus: Shift attention from busy thoughts into sensory awareness.

Practice:

Notice 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1 thing you taste.

Why It Works:

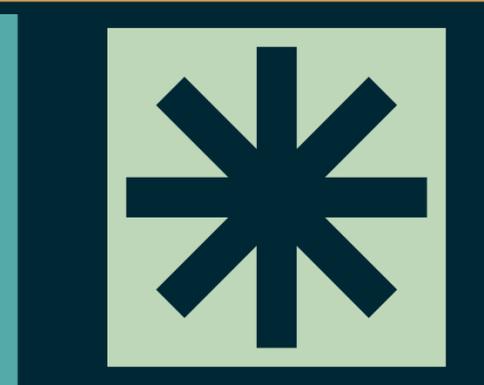
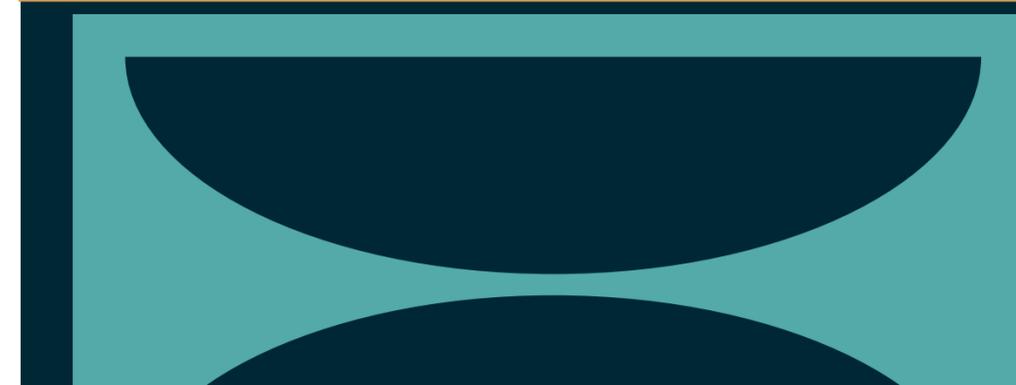
This practice engages your senses to break spirals and ground you in the here and now – a proven way to reduce stress and anxiety.

Try This:

- Pause and slowly scan your surroundings.
- Work through each sense step by step.
- Breathe steadily as you notice.

Reflection Prompt:

"What did I notice that I normally overlook?"



Butterfly Hug

Affirmation: "I am safe. I am here. I am enough."

Today's Focus: Soothe yourself with gentle self-holding practice and rhythmic tapping.

Practice:

Cross arms, place hands on shoulders, and gently tap left-right while breathing.

Why It Works:

The Butterfly Hug uses bilateral stimulation, calming the fear center of the brain (amygdala). It reduces stress and increases feelings of safety and connection. This technique is widely used in trauma therapy and self-regulation practices.

Try This:

- Sit comfortably, close your eyes if it feels safe.
- Begin tapping left-right with your hands on your shoulders.
- Whisper quietly to yourself: "I am safe, I am here."

Reflection Prompt:

"What thoughts or feelings softened during this practice?"



Progressive Muscle Relaxation

Affirmation: "I release what I no longer need."

Today's Focus: Let go of hidden tension through body awareness.

Practice:

Tense each muscle group for 5 seconds, then release. Move from feet → calves → thighs → belly → arms → face.

Why It Works:

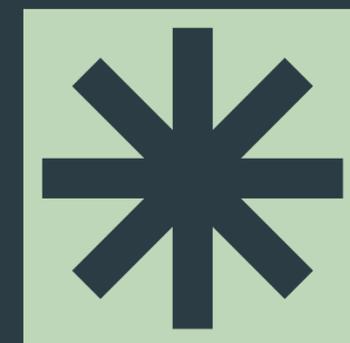
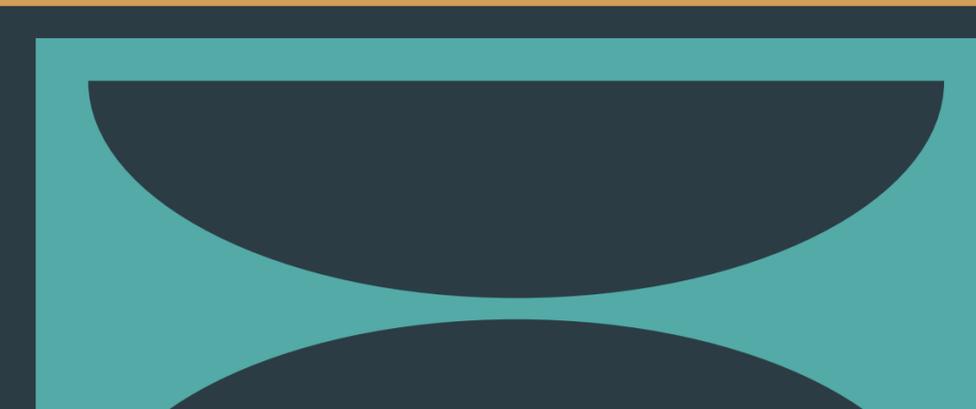
Progressive Muscle Relaxation (PMR) teaches your body the difference between tension and ease. By cycling through tightening and letting go, your nervous system learns to shift out of stress and back into relaxation.

Try This:

- Inhale while tensing, exhale as you release.
- Move slowly through each muscle group.
- Notice the contrast of letting go.

Reflection Prompt:

"Which part of my body held the most tension?"



Grounding Through Movement

Affirmation: "I move with ease, and my body feels safe."

Today's Focus: Release energy and reconnect through mindful movement.

Practice:

Choose a form of simple, mindful movement – stretching, walking, or swaying – while focusing on your breath and the ground beneath you.

Why It Works:

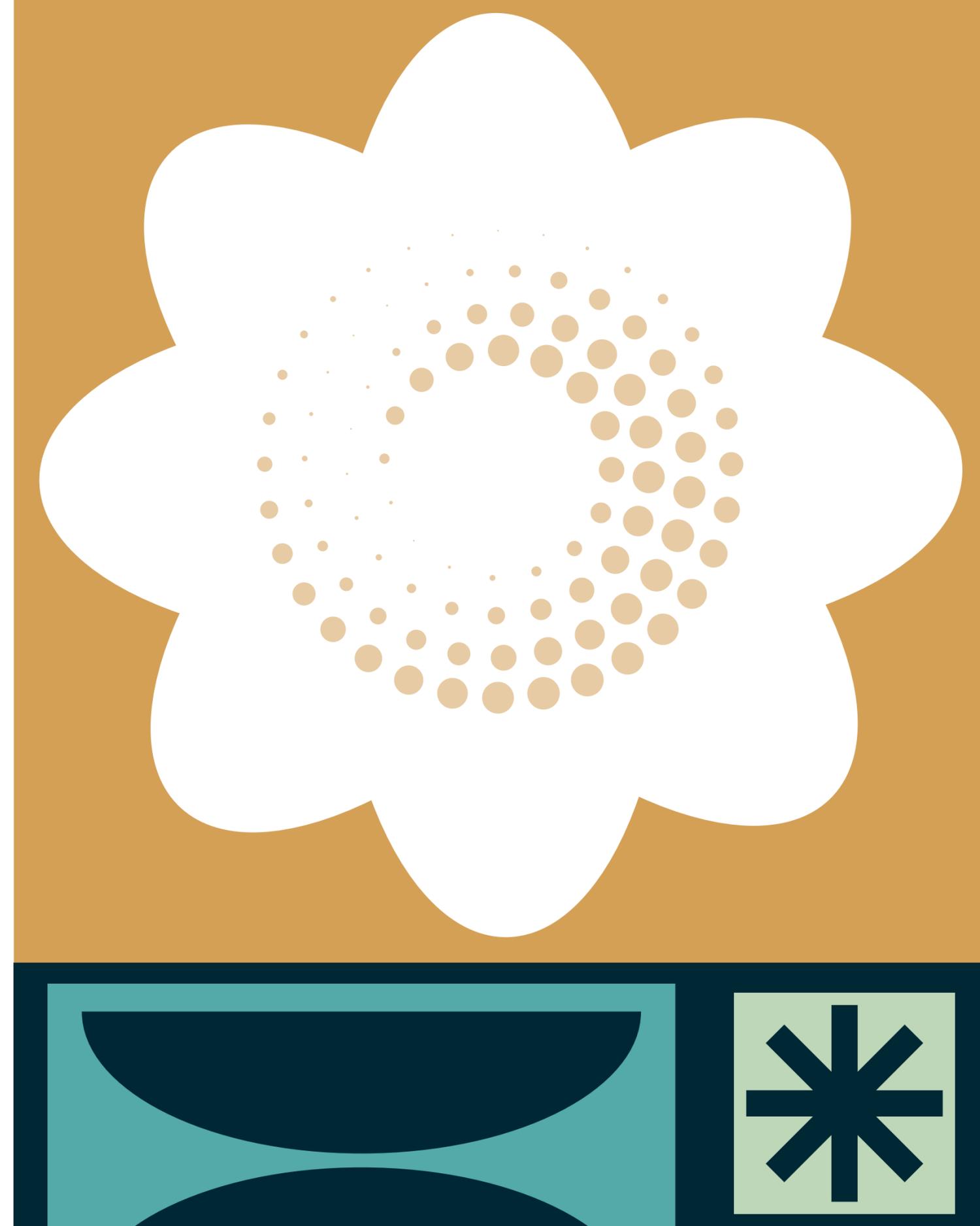
Movement signals safety to the nervous system, helps discharge stress hormones, and reconnects your body and mind. Even a few minutes can reset your mood and energy.

Try This:

- Take a short walk, paying attention to each step.
- Stretch slowly, pairing movement with breath.
- Let your body sway naturally, noticing how it feels to move freely.

Reflection Prompt:

"How did my energy shift after moving mindfully?"



Mirror Affirmations

Affirmation: "I am safe. I am enough. I belong."

Today's Focus: Strengthen self-worth and connection through affirmations.

Practice:

Look into your own eyes in a mirror. Place one hand over your heart and repeat 2–3 affirmations slowly and kindly.

Why It Works:

Speaking affirmations while making eye contact with yourself activates both self-compassion and nervous system regulation. This practice interrupts negative self-talk and builds inner trust.

Try This:

- Stand or sit comfortably in front of a mirror.
- Place your hand over your heart to connect body and mind.
- Speak slowly: "I am safe. I am enough. I belong."

Reflection Prompt:

"What felt hardest to say, and what felt easiest?"



Journaling for Regulation

Affirmation: "Writing helps me release and reset."

Today's Focus: Clear mental clutter and create calm through expressive writing.

Practice:

Set a timer for 5–10 minutes. Write continuously, without editing or censoring, using the prompts below.

Why It Works:

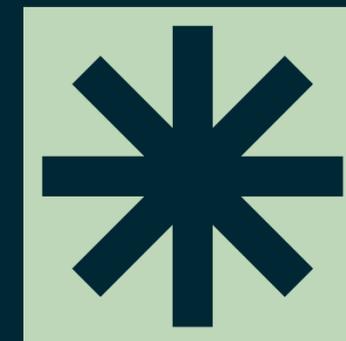
Externalizing thoughts soothes overwhelm and engages clarity.

Prompts:

- "Right now, I notice..."
- "One way I can create safety for myself is..."
- "I feel most grounded when..."

Reflection Prompt:

"What surprised me as I wrote?"



Reflection & Integration

Looking Back on Your 7 Days...

Take a moment to pause and notice:

- How do you feel now compared to Day 1?
- Did your thoughts or body sensations shift?
- Which practices supported you the most?
- What surprised you?

✨ Remember: these aren't one-time exercises. They are tools you can return to whenever life feels busy, stressful, or overwhelming. Over time, they become habits that help you stay grounded and present.

Notes Section:

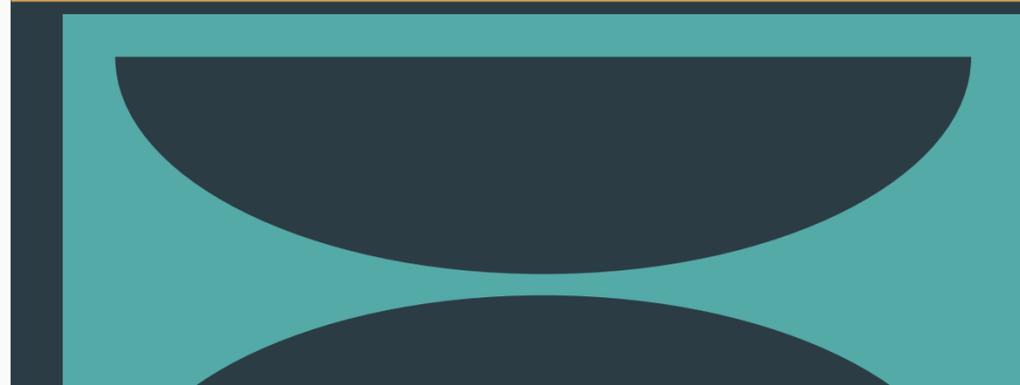


Next Steps

Congratulations on completing your 7-Day Nervous System Reset!

By showing up for these practices, you've given yourself space to slow down, reconnect, and reset. These tools are always here for you – even a few minutes a day can help you feel grounded and clear.

👉 If you're ready for ongoing support, deeper practices, and community connection, join me inside [Life Support for the Human Experience](#).



Daily Reset Checklist

Use this checklist to keep your 7-day journey simple and consistent.
Mark off each practice as you go – remember, small steps create big change.

- Day 1 – Box Breathing: 4x4x4x4 breaths
- Day 2 – Senses Grounding: 5-4-3-2-1 scan
- Day 3 – Butterfly Hug: Tap shoulders, breathe
- Day 4 – Muscle Relaxation: Tense + release body
- Day 5 – Movement: Walk / stretch mindfully
- Day 6 – Mirror Affirmations: “I am safe. I am enough.”
- Day 7 – Journaling: 5-10 min free write

Tip: Even one practice a day is progress.

Thank you for taking these seven days to care for your nervous system. These practices are simple tools you can return to anytime you need calm and balance.

With care,
Brea Burke
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