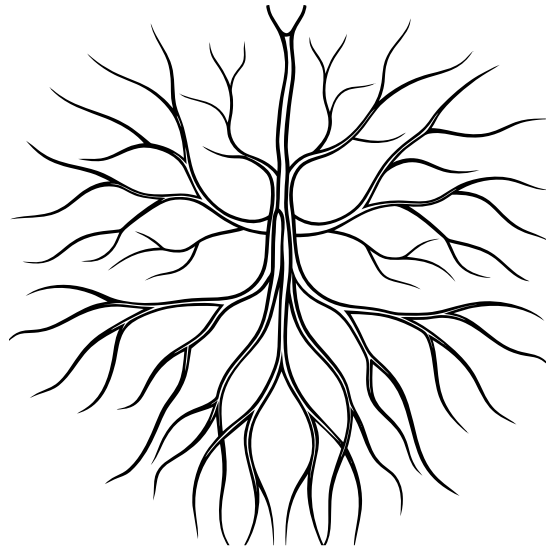




The Nervous System Reset: Simple Practices for Everyday Regulation

A free resource from Roj



YOUR NERVOUS SYSTEM KNOWS THE WAY

Regulation isn't something you achieve by force.

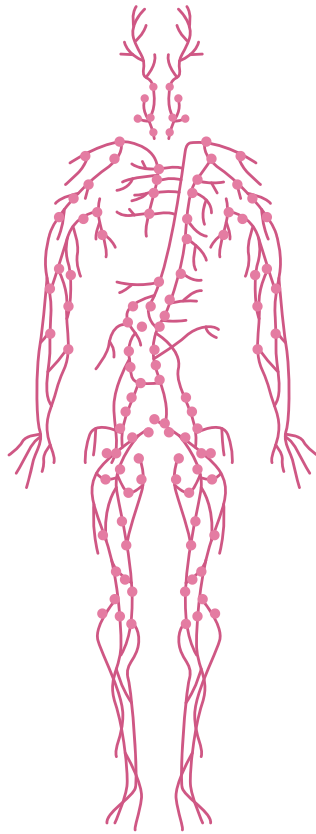
It's not about fixing yourself, silencing your thoughts, or muscling your way into calm.

Your nervous system already carries the intelligence to settle, expand, and reset.

These practices are gentle invitations — reminders that your body knows how to return itself to balance.

You don't have to make healing happen.

You only need to give it space to move.



PRACTICE I: ORIENTING TO SAFETY

How to Notice

- Look slowly around the space you're in.
- Name 5 things you see, 3 things you hear, and 1 thing you can touch.
- Let your eyes rest on what feels pleasant, steady, or neutral.

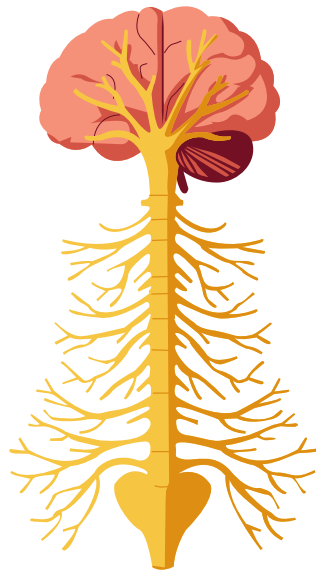
What You Might Recognize

Your system remembers: *"I'm here. I'm safe enough in this moment."*

The body softens when it realizes it doesn't need to brace for the next blow.

Reflection Prompt

What shifted when you let yourself truly see where you are?



PENDULATION

How to Notice

- Place your hand on your heart. Notice where there's tension or discomfort in your body.
- Now, shift awareness to where there's ease — even the smallest place of comfort (hands, feet, breath).
- Gently go back and forth between the two, like waves.

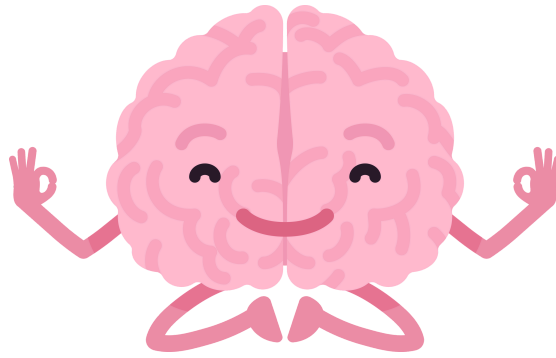
What You Might Recognize

This rhythm teaches your system: it can move between discomfort and ease without getting stuck in either.

The nervous system reorganizes not by force, but by remembering its range.

Reflection Prompt

What did your body reveal when you moved between tension and ease?



RESOURCING

How to Notice

- Bring to mind a memory, image, or place where you feel deeply safe, supported, or alive.
- Let yourself imagine it fully — colors, sounds, sensations.
- Notice how your body responds as if it's here, now.

What You Might Recognize

Your body doesn't distinguish between memory and presence.

When you recall safety, the system reorganizes around it.

This is your resource — always available, always within.

Reflection Prompt

What resource feels most alive for you right now?



CLOSING REFLECTION

Each practice is not about acquiring power from outside — it's about recognizing and accessing the innate intelligence, regulation, and presence already within you.

This is the truth of *Tat Tvam Asi*: **You are That.**

Your nervous system carries the wisdom to return home.

Your role is simply to give it space, attention, and permission.

Presence does the rest.