

## **How To Create Your Own Nervous System Reset**

### **QUESTION:**

How do I calm my body and mind when I feel constantly on edge?

### **ANSWER:**

Your nervous system holds the imprint of everything you've survived – the chaos, the fear, the waiting for the next emotional disaster. Healing begins when you learn that your body can be a place of peace, not a battleground. Resetting your nervous system isn't about never being triggered again; it's about giving yourself the tools to return to safety, balance, and calm whenever life pulls you off-centre. Here's how:

#### **1. Understanding your stress response**

Your body has been conditioned to live in fight, flight, freeze, or fawn. This constant hypervigilance leaves you drained, anxious, or disconnected. By noticing your patterns – racing heart, shallow breathing, muscle tension – you can begin to interrupt the cycle. Awareness is the first step towards reclaiming safety.

#### **2. Breath as your anchor**

Deep, intentional breathing signals to your nervous system that you're safe. Measured breathing - inhale for 7 seconds, slow exhale for 7 seconds - or hand-over-heart

breathing are life-changing practices that reset your internal state and soothe panic before it consumes you.

### **3. Movement for release**

Stored tension needs a way out. Slow, gentle movement, stretching, walking, or dancing, signals to your body that the danger has passed. Movement prevents trauma from staying locked inside and gives your nervous system permission to return to calm.

### **4. The power of grounding**

Simple grounding practices – like the sensory exercises we mentioned previously where you focus on what you can see, smell, touch, taste, hear to refocus your mind – pull you back into the present interrupting the spirals of fear. This teaches your nervous system that right now, in this moment, you are safe.

### **5. Creating rituals of safety**

A nervous system reset isn't a one-time act; it's a daily devotion. Lighting a candle, sitting quietly, journaling, or wrapping yourself in a blanket can become safety cues. Over time, your body learns to associate these rituals with calm.

### **6. Choosing gentleness with yourself**

Resetting your nervous system requires compassion. You're not broken because you struggle; you're healing

from a hyperintense need to survive. Each reset is a reminder that you are teaching your body and mind a new truth: safety is real and achievable.

### **Recognise the Signs of a Dysregulated Nervous System**

Sometimes it looks obvious - panic, shaking, rage - but often it's subtle:

- Emotional numbness
- Shutdown and avoidance
- Fixation on control or productivity
- Social withdrawal
- Trouble sleeping
- Overreacting or under-reacting

If your reactions feel bigger than the situation requires, your nervous system may be asking for a reset.

### **Pick Your Path: Mobilise or Soothe**

There are two main states you'll want to shift out of:

- Hyper-arousal - fight/flight: heart racing, panic, tension
- Hypo-arousal - freeze/shutdown: foggy, numb, stuck

In these moments, ask yourself: do I need to mobilise my energy and get moving, or do I need to soften and soothe

myself with deep breathing or a sensory reset? Let your body lead the way.

### **Nervous System Reset Tools - Pick Which Feels Right**

To come down from **hyper-arousal** and soften and soothe I would recommend deep 7 second inhales and exhales. Breathing is always with you, it's free, you already know how to do it, and it'll reset your nervous system within seconds. Also, if the circumstances allow, try humming or chanting, splashing cold water on your face or wrists, putting your hand on your heart and repeating 'it's okay, I'm here, we're safe now.'

To move out of **hypo-arousal** and mobilise your energy, any kind of movement will help. If you can, shake your arms and legs, dance to a high-energy song, march in place and feel your feet land firmly on the floor, stretch and twist to wake up the edges of your body. Deep breathing also works as well, using the inhale/exhale for 7 seconds.

There's no wrong way to manage either hyper or hypo states, just the simplest, most accessible way that works for you in the environment you're in at the time.

## **Create a Reset Ritual That's Yours Alone**

- A cup of tea with your feet on the floor.
- A candle you light when life gets too much and focus on the flame.
- A 5-minute playlist that meets you where you are.
- Sitting in the sun.
- Breathing with your hand on your chest and connect to your heartbeat.
- Slow blinking, accompanied by deep breathing.

Make your nervous system feel safe, seen, and welcome - not just managed but met.

## **Don't Rush the Return**

The reset won't always be instant. Sometimes your nervous system needs time to trust that you're not in danger anymore. Let it thaw slowly. Let it find its own pace. Even five seconds of softness is a sacred beginning.

## **Affirmation:**

I am not defined by chaos. I choose calm, safety, and softness as my new rhythm.

## **Journal Prompts:**

1. What are my earliest memories of feeling unsafe in my body?
2. How do I usually know when I'm triggered; what signs appear first?

3. Which grounding practices feel most natural to me?
4. What safety ritual can I commit to daily?
5. How will I remind myself that every reset is an act of love, not failure?

**Visualisation:**

Imagine your nervous system is a tangled ball of wool. As you breathe slowly, see the wool soften and unravel. With each exhale, the tangles loosen until they fall into smooth, flowing lines of light. Roll your shoulders, stretch your neck from side to side, and feel your body relax with balance, harmony, and safety.

**Conclusion:**

Resetting your nervous system is a gift to your future self. Each time you choose calm over chaos, you rewrite old programming and create new pathways of safety.

**Final Thought:**

Calm isn't something you wait for; it's something you create inside yourself, moment by moment.