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A GENTLE NERVOUS SYSTEM RESET

A 10-MINUTE DAILY PRACTICE TO RETURN TO CALM

A Proven Method by

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WELCOME

If you're here, there's likely a part of you that is feeling overwhelmed, tired, or stretched too thin.

Before anything else, take a moment to know this:

You are not broken.

Your nervous system is not failing you.

It is trying to protect you.

This workbook is not about fixing yourself.

It is about gently supporting your body in finding its way back to a place of safety, steadiness, and rest.

Move through this at your own pace.

There is no right or wrong way to do this.



HOW TO USE THIS WORKBOOK

This is your space.

You do not need to complete this in order.

You do not need to finish every page.

You might:

- Move slowly through one section at a time
- Return to the same exercise more than once
- Skip anything that doesn't feel supportive

If something feels overwhelming, pause.

Come back to your breath.

Come back to your body.

Come back when you're ready.

WHATS HAPPENING IN YOUR BODY

TRAUMA RESPONSES

Fight

Your system prepares to confront a threat, showing up as anger, control, or defensiveness. It's your body trying to protect you by pushing danger away.

Flight

Your system urges you to escape, often felt as anxiety, restlessness, or overworking. It's your body trying to keep you safe by getting you out of danger.

Freeze

Your system shuts down or becomes still when something feels overwhelming, leading to numbness, disconnection, or feeling stuck. It's your body's way of protecting you when action doesn't feel possible.

Fawn

Our system moves toward pleasing others to stay safe, often by people-pleasing or avoiding conflict. It's your body trying to prevent harm by maintaining connection.

A close-up photograph of a person's hand holding a pen and writing in a notebook. The hand is adorned with several silver rings. The notebook page features a light-colored sketch of a person's torso and head. Handwritten notes in black ink are visible, including "Bamboo" circled in the top left, "Friday Sample" below it, "Sunday 3/4" in the center, and "Sample 5/4/2" below that. The text "QUICK SELF CHECK-IN" is overlaid in large, bold, white capital letters across the middle of the page. The background is a plain, light-colored surface.

QUICK SELF CHECK-IN

QUICK SELF CHECK-IN

RIGHT NOW I FEEL...

- Anxious / overwhelmed
- Numb / disconnected
- Calm / steady

My body feels:

What I need most right now:

2-MINUTE RESET (BREATH)

TRY THIS...

Inhale slowly for 4 seconds

Exhale slowly for 6 seconds

Repeat for 2–3 minutes.

Let your exhale be longer than your inhale.

Notice what begins to shift.



Grounding Practice

Look around you and gently name...

05

5 things
you can
see

04

4 things
you can
feel

03

3 things
you can
hear

02

2 things
you can
smell

01

1 thing
you can
taste

When You Feel Overwhelmed

Exercise: Slow things down. Instead of trying to solve everything, gently ask yourself:
"What do I need right now?"

Place your feet firmly on the ground and press them into the floor.

Let your shoulders drop. Unclench your jaw.

Name what you're feeling without judgment: *"This is overwhelm. It will pass."*

Choose one small, supportive action (drink water, step outside, stretch, deep breaths).

You don't have to do everything, just the next thing.

Your space — write or draw what feels heavy right now:

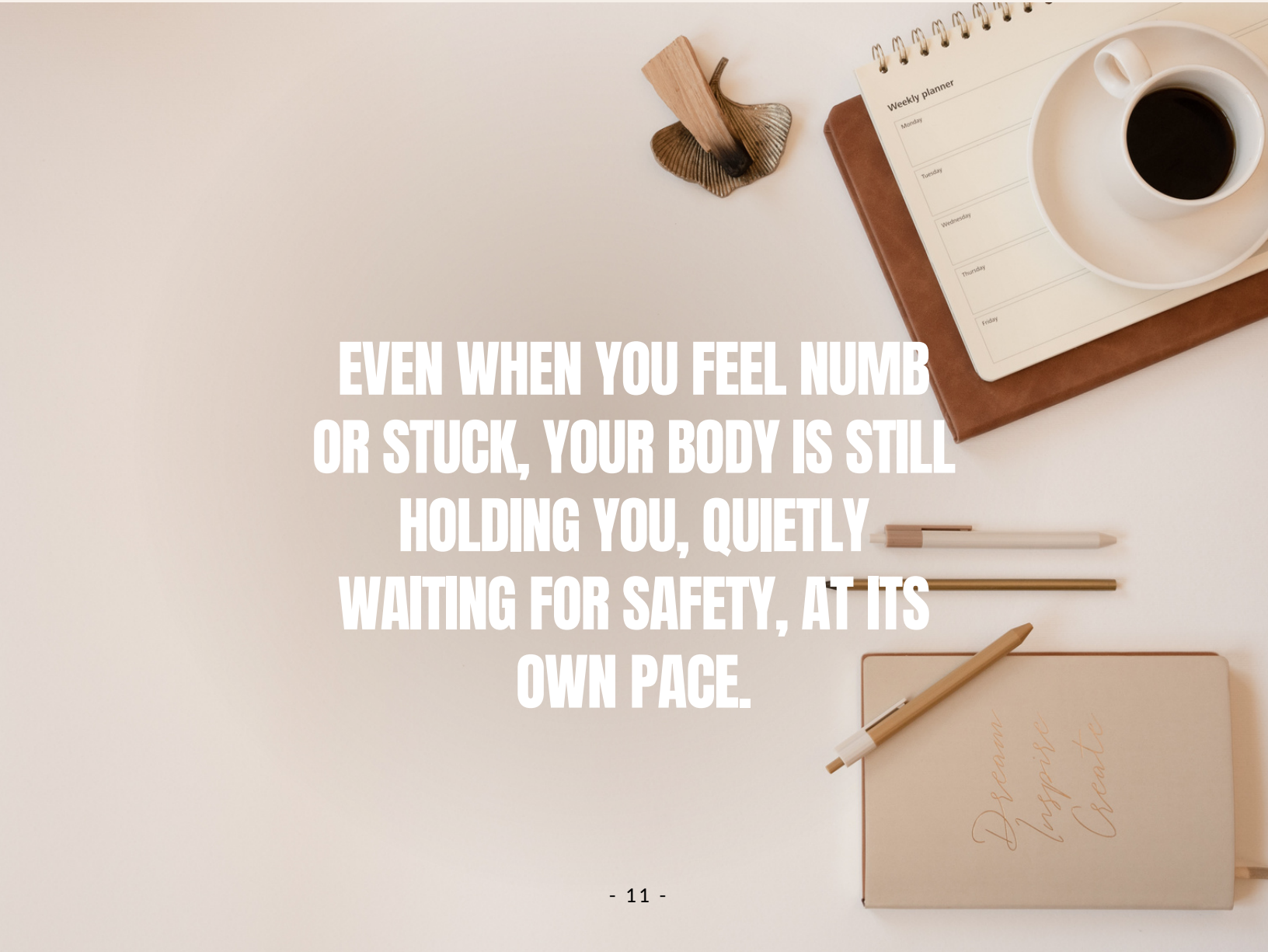
A large, empty rectangular box with a thin black border, intended for the user to write or draw what feels heavy right now.

WHEN YOU FEEL NUMB OR STUCK

Try:

- Stepping outside
- Moving your body gently
- Listening to music
- Splashing cool water on your face

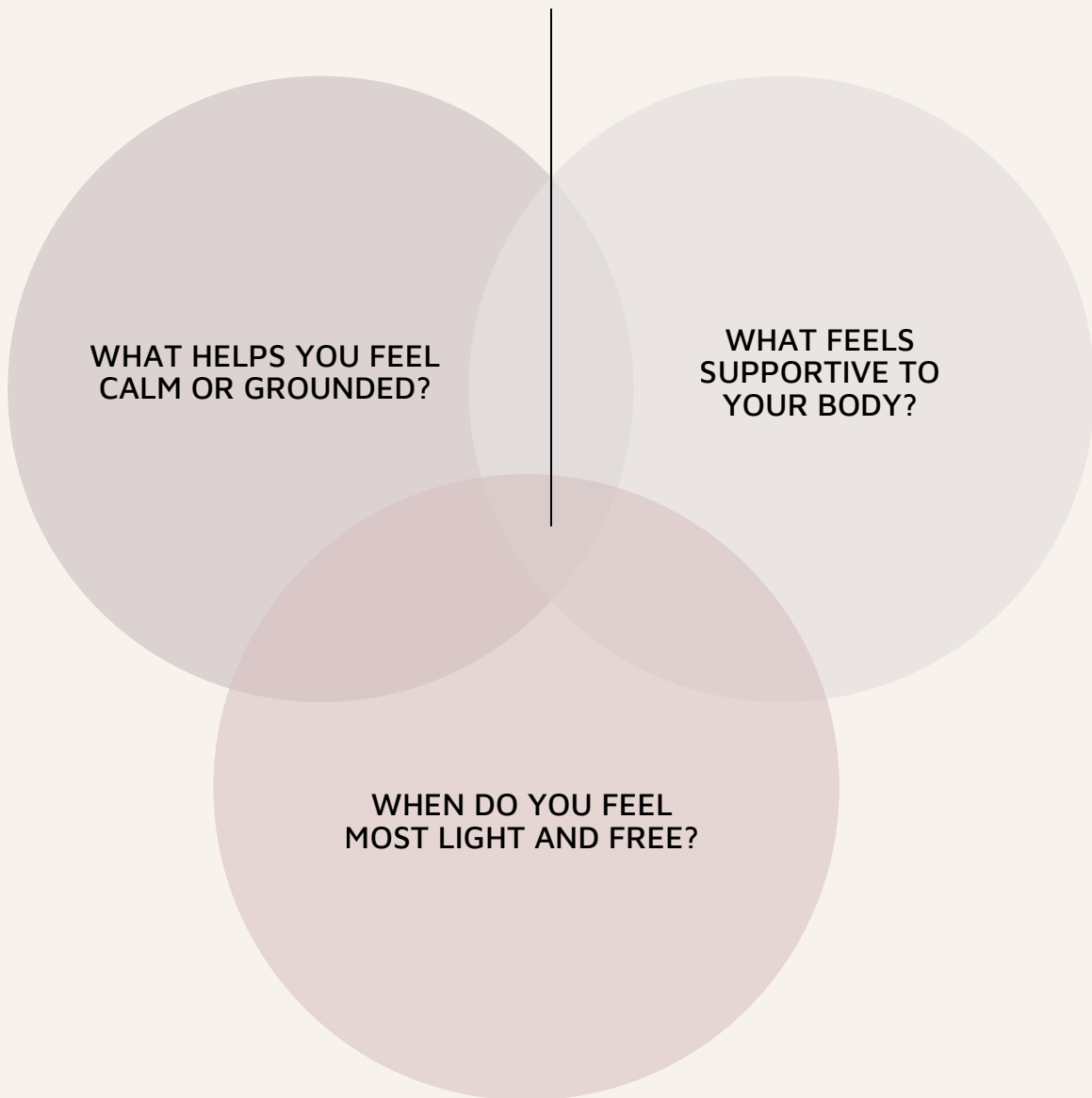
Start small. Even a few minutes is enough.



**EVEN WHEN YOU FEEL NUMB
OR STUCK, YOUR BODY IS STILL
HOLDING YOU, QUIETLY
WAITING FOR SAFETY, AT ITS
OWN PAGE.**

YOUR PERSONAL RESET

JOURNAL SPACE



This image shows a full page of blank, cream-colored paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

Closing

You don't have to do this alone.

If you're craving a deeper reset, Haven Restorative Retreats offers immersive, trauma-informed experiences designed to support your nervous system in a safe and restorative environment.

Learn more:

www.havenrestorative retreats.ca

Follow along: @havenrestorative retreats

Your healing doesn't have to be rushed.

