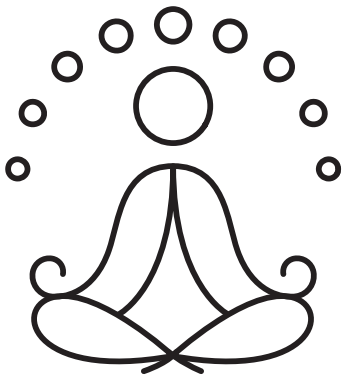
WORKSHOP

Nervous System Reset

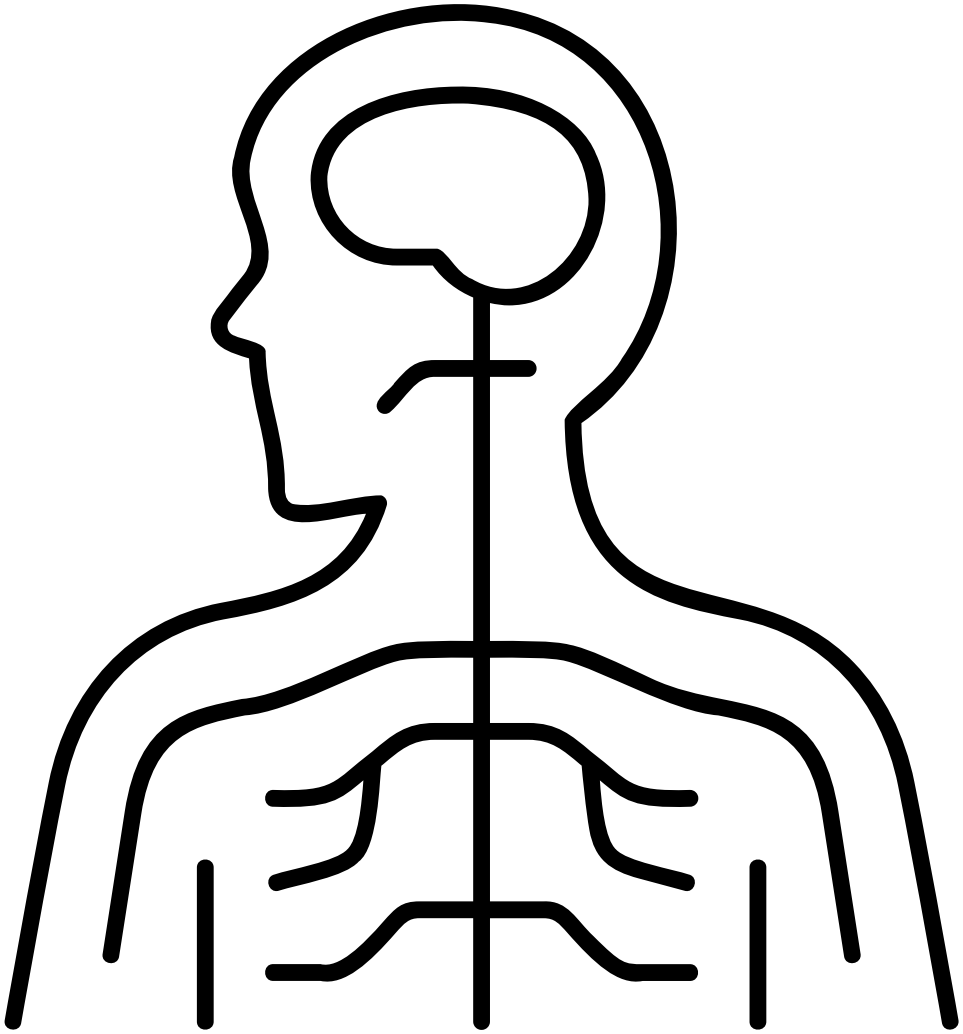


"Sometimes the most important thing in a whole day is the rest we take between two deep breaths."

— Etty Hillesum

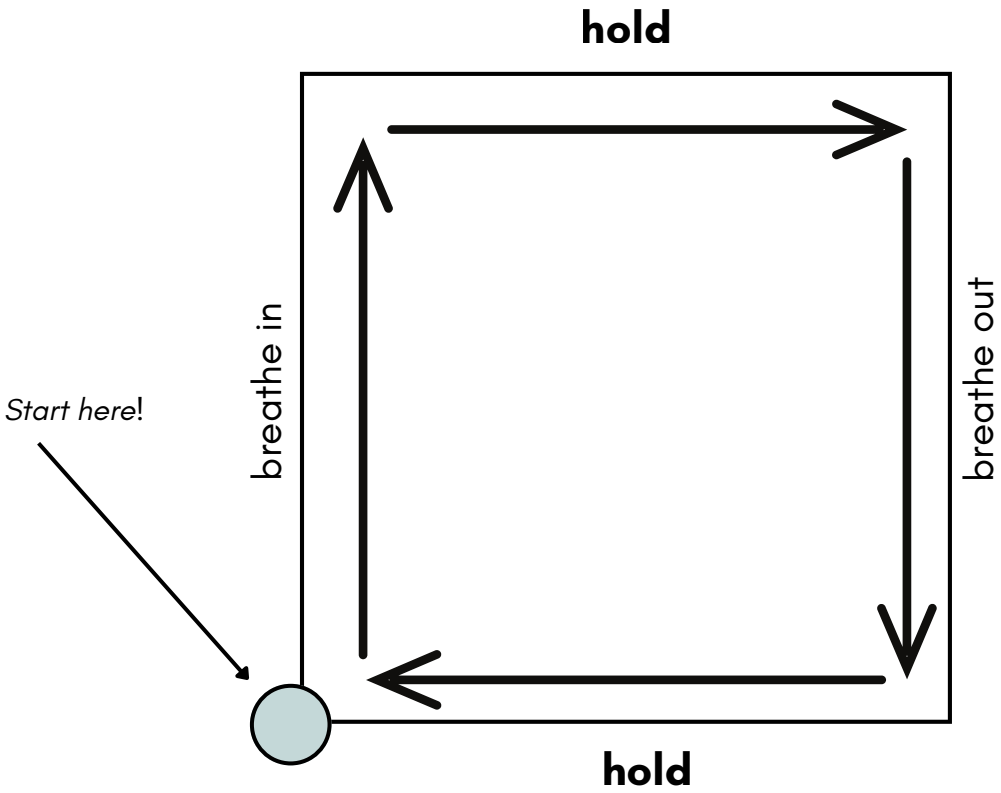
THE *Nervous System*

Automatic Nervous System:
Sympathetic Nervous System (SNS) - Fight, Flight, Freeze &
Parasympathetic Nervous System (PNS) - Rest, Digest, Heal
Vagus Nerve - The Body's Calm Pathway



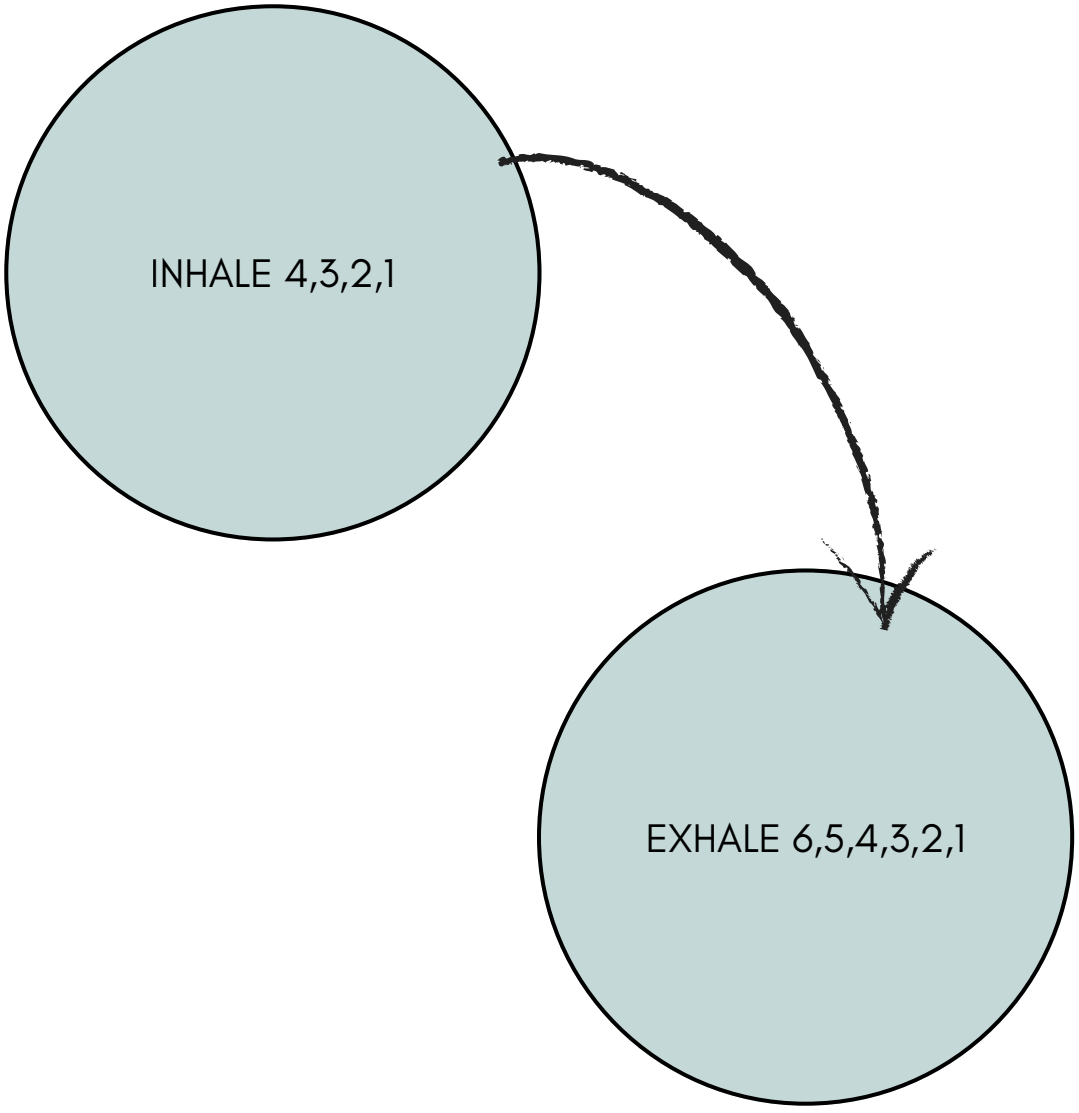
BOX
breathing

Starting on the dot and follow the breathing prompt in a clockwise direction. (4 count)



4, 6 breathing

Inhale for a count of 4, exhale for a count of 6, repeat 3-5 times.



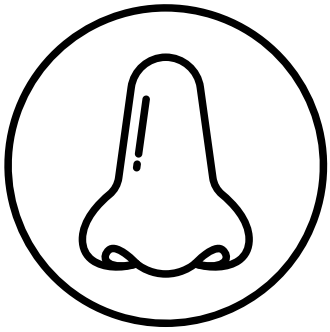
GROUNDING
5 senses

Explore your senses. This can be done in any order.

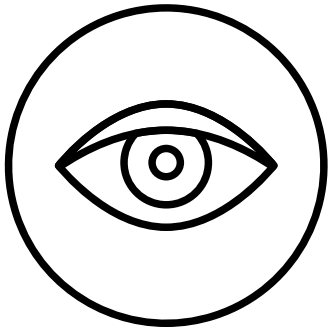
4 things you HEAR



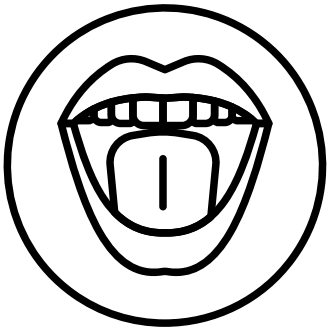
3 things you SMELL



5 things you SEE



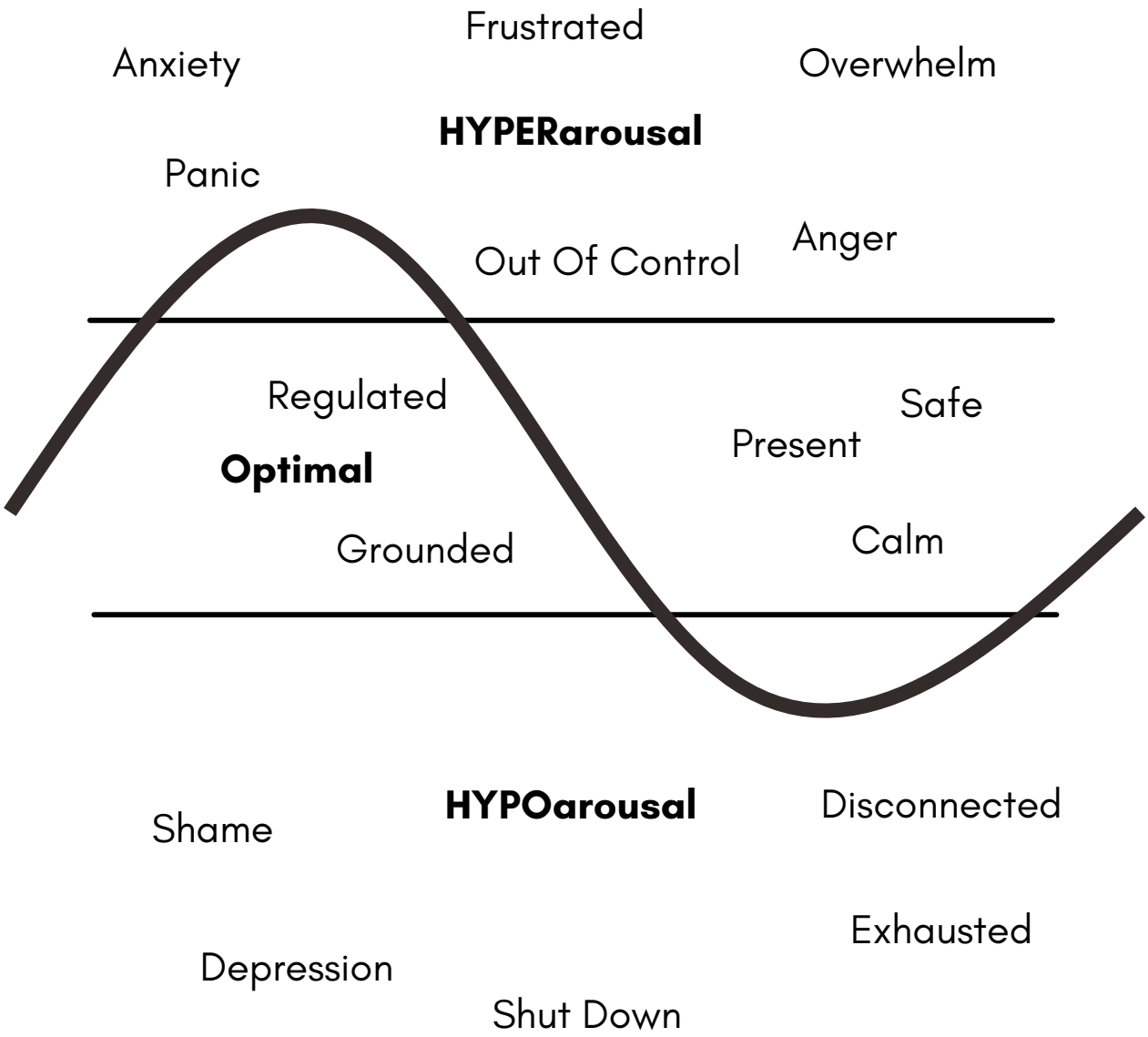
2 things you TASTE



1 things you FEEL



WINDOW OF *tolerance*



Journal Prompts

1. What sensations do I notice in my body right now?
2. Where do I feel I am in my window of tolerance today?
3. What early cues tell me I'm overwhelmed or shutting down?
4. What grounding practices help me return to a calmer state?
5. If my nervous system had a voice, what would it say it needs?
6. What am I mentally or emotionally carrying that feels heavy?
7. When have I felt grounded or supported in the past?
8. What drains my energy the fastest?
9. What beliefs do I have about rest or slowing down?
10. What is one small promise I can make to support my nervous system this week?