

Healing Library Guide #001

5-Minute Nervous System Reset

*A gentle guide for the moments
when everything feels like too much.*



Grounding Exercise 1

Feel Your Feet



Sit or stand comfortably.

Press both feet gently into the floor.

Notice where your heels touch.

Notice where your toes touch.

Take one slow breath in...
and one slow breath out.



Remind yourself:



I am here.

I am supported.

I only need this moment.





Grounding Exercise 2

The 5 Things Practice



Without rushing, look around and gently notice:



5 things you can see



4 things you can touch



3 things you can hear



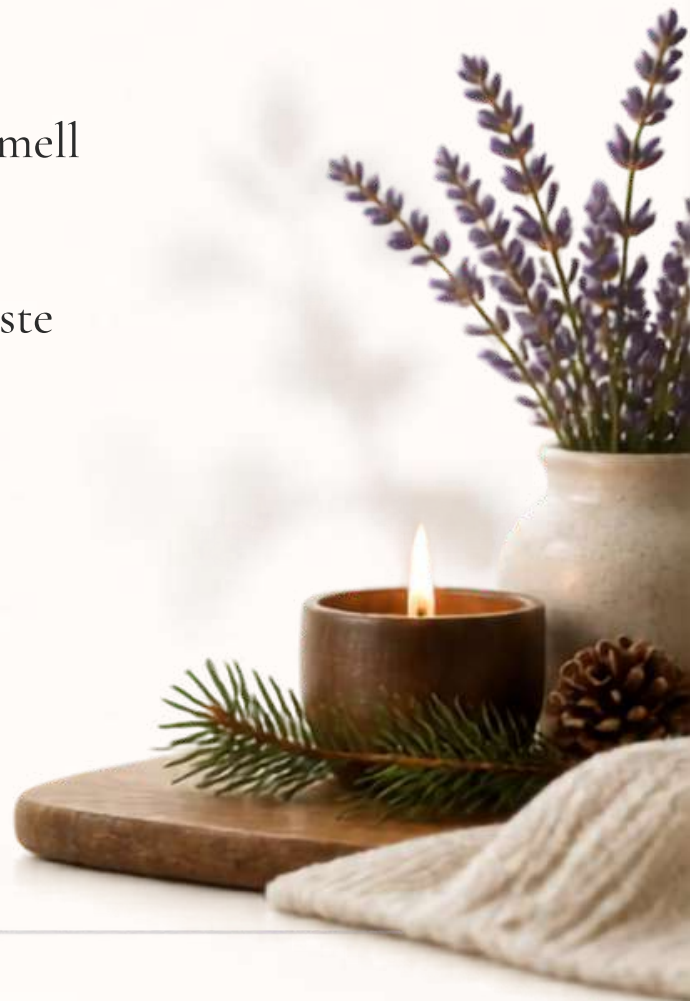
2 things you can smell



1 thing you can taste

There is nothing to achieve.

You're simply inviting your nervous system back into the present.





Grounding Exercise 3

Hand Over Heart



Place one hand over your heart.



If it feels comforting, place your other hand over your stomach.



Take three slow breaths.



As you breathe, quietly say:

My body has been trying to protect me.
Thank you.
We are safe enough to rest for a moment.”



Gentle Affirmation



“I don't have to solve everything
today.
I only have to take one gentle
breath, and then another.”



Journal Prompt



Right now...

What does my body need from me
in this moment that I can actually give it?

Even if the answer feels incredibly small...
write it down.



Before You Go



Thank you for spending these few minutes with yourself.

Healing isn't measured by how quickly you feel better. Sometimes it's measured by the moment you chose to stay with yourself or pushing yourself harder.

The door to this little corner of the Healing Library will always be open.
Come back whenever you need a quiet place to land.

Looking for your next gentle step?

Visit [The Fireside](#) for heartfelt articles, reflections, and more free Healing Library guides.

The door is always open.

