

QUIETING THE INNER STORM

1.TOOL

The 60-Second Nervous
System Reset

2. CONCEPT RECAP

This simple reset uses breath,
grounding, and truth to calm
overwhelm in under a minute. Your
nervous system can shift faster
than you think.

3. JOURNAL PROMPT

What moment today felt like
"too much," and how did my
body respond?

4. SCRIPTURE

*"He will keep in perfect peace those
whose minds are steadfast."*
— Isaiah 26:3

5. AFFIRMATION

I can settle my spirit. I can
return to peace in moments,
not hours.

6. MICRO-ACTION

Practice the reset once this
morning and once tonight.