

The Body Reset Guide

What to do when you feel wired,
reactive, flat or overwhelmed



When your body is tense and your head feels full, more information isn't what helps.

You need something physical that helps you reset in the moment. Inside this guide are simple body-based cues you can use in real life to release tension, clear your head and come back to yourself.

Save it. Keep it nearby. Use it often.

Physical Tool	What To Do	When To Use
	Shoulder Drop	Lift shoulders slightly, pause for one breath, let them drop
	Jaw Release	Unclench teeth, let jaw soften, tongue rests
	Extended Exhale	Inhale through the nose, exhale slowly through the mouth, exhale longer than inhale
	Ground through the Feet	Press feet into the floor, feel contact, then release
	Hand on Heart	Place one hand over the centre of your chest. Notice the contact- connect in to yourself. Stay here for a few breaths.
	Gentle Movement then Stillness	Make a small movement, stretch or sway, then return to stillness
	Pause Before Responding	Stop, take one breath before speaking or acting
	Body Scan Check-in	Notice where tension is strongest and stay with sensation for a few breaths
	Posture Reset	Lengthen spine slightly, soften shoulders, feel feet
	Step Away Briefly	Create physical space from the situation if possible

About Cassie



I help women move out of overwhelm and back into themselves using simple body-based and energy-based tools that work in everyday life.

Through Kinesiology, nervous system work and practical reset techniques, I guide you to understand what your body is signalling and how to respond in ways that create lasting change.

If this guide was helpful, you might enjoy going deeper.

Regulate in 5

If you'd like more support applying this in daily life, I've brought everything together inside *Regulate in 5*.



It helps you understand your stress responses more clearly and gives you a wider range of short, practical resets you can use throughout the day, all under five minutes.

It's available for \$27 USD.

You can explore *Regulate in 5* at learn.luminoussoul.life/regulate-in-5