

The Soft Reset SystemTM

A 21-Day Nervous System Reset

A gentle guide to help your body feel safe again.

Before You Begin

A gentle note before starting your reset

This reset is not something you need to complete perfectly.

Some days you may feel focused and ready to reflect.

Other days you may feel tired, distracted, or overwhelmed.

Both are completely okay.

The purpose of this reset is not to "fix" your body.

It is simply to begin listening to it.

Your nervous system responds best to small signals of safety

— not pressure.

Even a few quiet moments of awareness can begin to change how
your body feels over time.

A few gentle suggestions, you may find this reset easier if you...

- take a few slow breaths before beginning
- complete your check-in at roughly the same time each day
- respond honestly rather than trying to write the "right" answer

There is no perfect way to do this reset.

Simply showing up and noticing your experience is enough.

You can move through this reset at your own pace.

You may complete a page each day, or pause whenever your body needs
rest.

Progress is not measured by speed.

It is measured by awareness.

Understanding Your Nervous System

Small awareness can create powerful change

Your nervous system is constantly responding to the world around you. When life becomes overwhelming, your body may remain in a stress response longer than it needs to. This can show up as fatigue, feeling on edge, poor sleep, or emotional overwhelm.

The goal of this reset is not perfection.

It is simply learning to notice your body and respond with small moments of care and support.

During stressful moments I usually notice:

My body tends to hold tension in:

The time of day I feel most overwhelmed is:

Your body is not working against you.
It is trying to protect you.

A gentle reminder...

Learning to listen to your nervous system is the first step toward helping it feel safe again.

The Gentle Reset

Approach

Small steps create lasting change

Your body does not need to be pushed harder.

When the nervous system has been under stress for a long time, what helps most is not pressure – but safety and consistency.

The Soft Reset approach focuses on small, supportive actions that help your body gradually move out of survival mode.

This reset is not about doing everything perfectly.

It is about learning to notice what your body needs and responding with small moments of care.

Over time, these small signals help your nervous system feel safe enough to begin settling again.

The Gentle Reset Principles

1. Start small

Change does not need to be dramatic.

Small steps repeated gently create the biggest shifts over time.

2. Listen to your body

Your body is constantly giving signals.

This reset simply helps you begin noticing them.

3. Reduce pressure

Healing does not happen through forcing yourself to do more.

It happens when the body feels safe enough to soften.

4. Consistency over perfection

You do not need to complete every day perfectly.

Simply returning to the practice is enough.

You are not behind.

Your body is doing the best it can with the signals it has received.

This reset is simply a way of helping your body remember what calm feels like again.

How This Reset Works

The Soft Reset System is built around three gentle stages of nervous system support.

Awareness – Learning to notice your body's signals.

Regulation – Responding with small moments of care.

Integration – Carrying those supportive habits into everyday life.

These stages mirror how the nervous system naturally learns safety — slowly, consistently, and without pressure.

Small steps build safety.

What You May Notice Over 21 Days...

During this reset, you may begin to notice small shifts in how your body feels and responds.

Not dramatic changes – just gentle signs your nervous system is beginning to feel safer.

You may notice:

- your body softening during quiet moments
- less tension in your shoulders or stomach
- improved sleep or deeper rest
- feeling calmer in situations that once overwhelmed you
- noticing your needs sooner
- needing less pressure to get through the day

These shifts often happen gradually – sometimes so gently you only notice them when you pause and reflect.

As you move through the reset, you may begin to recognise these signals in yourself.

Small signals of safety repeated over time create lasting change.

Phase One

– Awareness

Learning to notice your nervous system

Small awareness creates powerful change.
During this phase you will begin noticing how your
body responds to stress, energy, and daily life.
There is nothing to fix.
Just notice.

Small awareness creates powerful change.

Daily Nervous System Check-In

A quiet pause. No fixing required.

How does your body feel right now?

- Steady Wired Tired Heavy
 Foggy Restless Other: _____
-

Energy feels:

Low _____ Moderate _____ High

What would feel regulating right now?

- Slow breath
 Step outside
 Drink water
 Sit quietly
 Gentle stretch
 Reduce one decision
 Other: _____

Today feels like...

One small thing that helped today:

Nothing to fix. Just notice.

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Week One

– Reflection

What have you begun to notice?

What signals from your body did you begin to notice this week?

When did you notice feelings of overwhelm this week?

When did you feel calm or steady?

One thing I'm learning about my nervous system is...

Small awareness creates powerful change.

Phase Two

– Regulation

Supporting your nervous system gently

During the first phase of this reset, you began noticing how your body responds to stress, energy, and daily life.

Awareness is the first step toward change.

Now this phase focuses on small supportive actions that help your nervous system begin to settle.

Regulation does not require dramatic changes.

Often the most powerful signals of safety come from small moments of care repeated consistently.

A slow breath.

A pause.

A moment of stillness.

Your body is learning that it does not always need to remain in survival mode.

You do not need to do more.

Simply continuing to notice your body's signals and responding with small moments of care is enough.

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What might support your body right now?

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One small thing that helped today:

Gentle support helps the body soften.

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Week Two

– Reflection

What has begun to feel supportive?

What small actions helped your body feel calmer this week?

When did you notice your body settling or softening?

What situations still feel challenging for your nervous system?

One supportive habit I would like to continue is...

Gentle support creates safety.

Phase Three

– Integration

Building calm into everyday life

Over the past two phases of this reset, you have taken time to notice your body's signals and respond with small moments of care.

Even gentle awareness can begin to shift how your nervous system responds to stress.

This final phase is about recognising what supports your body and beginning to carry those practices into everyday life.

The goal is not to create a perfect routine.

It is simply to continue responding to your body with patience, curiosity, and care.

Small supportive moments, repeated over time, help your nervous system learn that it is safe to settle.

Your nervous system learns through repetition. The small moments of care you practise now can continue supporting you long after this reset is complete.

Consistency creates calm.

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Week Three -Reflection

Looking back on your reset

What feels different compared to when you began this reset

What have you learned about your nervous system over the past three weeks?

Which small moments of care felt most supportive for your body?

One gentle practice I would like to continue is...

Consistency creates calm.

When Things Feel Overwhelming Again

There may be days after this reset where your body feels overwhelmed again. This does not mean you have gone backwards.

Your nervous system is always responding to the world around you. Some seasons simply require more support than others. When things feel heavy, you might return to simple moments of care.

You might choose to:

- pause for a few slow breaths
 - step outside for fresh air
 - notice how your body feels without judgement
 - reduce one pressure where you can
 - return to a quiet daily check-in
-

Small signals of safety still matter.

You do not need to restart perfectly.

Simply beginning again is enough.

You can always begin again.

Continue Your Soft Reset

Looking back on your reset

Over the past three weeks, you have taken time to notice your body's signals and respond with small moments of care.

Even small moments of awareness can create meaningful shifts over time.

This final reflection is simply an opportunity to pause and recognise what you have learned about your nervous system.

There is no right or wrong answer.
Just notice what feels true for you.

Small steps build safety.

After Your Reset

Looking back on your reset

Completing this reset does not mean your nervous system work is finished.

It simply means you have begun learning how to listen to your body in a new way.

You may wish to continue supporting your nervous system by:

- pausing for a daily check-in
- noticing when your body feels overwhelmed
- responding with small moments of care
- giving yourself permission to slow down when needed

Over time, these small practices help your body remember what safety feels like.

Gentle awareness, repeated often, creates lasting change.

If you would like to continue this work, you may enjoy:

- keeping a simple daily nervous system check-in
- journaling about what your body is communicating
- building small supportive routines into everyday life

Small signals of safety build over time.
Your nervous system is always learning.