

7-Day Nervous System Reset

stabilize your cortisol
Balance your energy
Reduce stress naturally

Welcome to your 7-Day Reset

If you feel tired, anxious, overstimulated or constantly “on edge”, this reset is for you.

Modern life keeps our nervous system in survival mode.
This 7-day reset will help you gently support your body through simple daily habits.

This is not about perfection.
It's about small shifts that create real change.

Over the next 7 days, you will focus on:

- Regulating cortisol
- Supporting blood sugar
- Reducing inflammation
- Improving sleep
- Creating calm rituals

Let's begin.

Day 1

Cortisol Morning Reset

Focus: Stabilize your morning cortisol.

Morning:

- No phone for the first 20 minutes
- Step outside for natural light
- Drink water before coffee

Nutrition:

Eat protein-rich breakfast (eggs, Greek yogurt, tofu, protein smoothie)

Nervous system:

5 minutes of slow breathing (inhale 4 sec, exhale 6 sec)

Evening:

Dim the lights 1 hour before bed

Reflection: How did your energy feel this morning compared to usual?

Day 2

Blood Sugar Balance

Focus: Avoid energy crashes.

Morning:

Protein and healthy fats at breakfast

Midday:

- Avoid sugary snacks alone
- Pair carbs with protein

Nervous system:

10-minute walk after a meal

Evening:

Avoid late-night snacking

Reflection: Did you notice fewer cravings today?

Day 3

Nervous System Regulation

Focus: Shift from fight-or-flight to calm mode.

Morning:

Slow start (no rushing)

Midday:

10 minutes of silence (no music, no scrolling)

Nervous system:

Legs up the wall for 5 minutes

Evening:

Warm shower or bath

Reflection: Did your body feel more relaxed today?

Day 4

Reduce Inflammation

Focus: Lower internal stress.

Nutrition:

- Add leafy greens
- Add berries
- Drink more water

Avoid:

- Ultra-processed foods
- excess caffeine

Nervous system:

Gentle stretching before bed

Reflection: Did you feel less bloated or heavy?

Day 5

Dopamine Reset

Focus: Rebalance pleasure & motivation.

Morning:

No social media for 1 hour

Midday:

Do one small task you've been avoiding

Nervous system:

Listen to calming nature sounds

Evening:

Read instead of scrolling

Reflection: Did your focus improve today?

Day 6

Sleep Reset

Focus: Deep restoration.

Morning:

Wake up at the same time

Day:

Avoid caffeine after 2pm

Evening:

- No screens 1 hour before bed
- Magnesium-rich foods (pumpkin seeds, dark chocolate 85%)

Reflection: How did you sleep?

Day 7

Full Body Reset Ritual

Focus: Integration.

Morning:

- Slow breakfast
- Gratitude journaling

Midday:

20 minutes walk

Evening:

- Early bedtime
- Reflect on your week

Reflection: What changed the most this week?

Your 7-Day Reset Checklist

- ☐ Morning Light
 - ☐ Protein breakfast
 - ☐ Balanced meals
 - ☐ Daily movement
 - ☐ Breathing practice
 - ☐ Reduce screen time
 - ☐ Early wind-down
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This is just the beginning

If you felt a shift in just 7 days, imagine what 21 days could do.

A deeper nervous system reset experience is coming soon

Stay connected.