

3 Emergency Nervous System Resets

When your body is stuck in survival mode — these 3 tools work in under 2 minutes.

THE NERVOUS SYSTEM RESET

Before You Begin

Your nervous system is not broken. It is doing exactly what it learned to do — keep you safe. But sometimes safety feels like exhaustion. Like anxiety. Like never being able to truly rest.

These 3 resets will not fix everything. But they will give your body a signal it may not have received in a long time: **You are safe. Right now. In this moment.**

Use them anytime. Morning. Night. In the middle of a hard day. No equipment needed. No experience needed. Just your body — exactly as it is.

What to expect

- No special equipment
- No prior experience needed
- Each reset takes under 2 minutes
- Works anytime, anywhere



Reset 01 — The 4-6 Breath

ANXIETY · RACING THOUGHTS · OVERWHELM

2 MINUTES

Why it works: A longer exhale than inhale directly activates your vagus nerve — the main nerve of your parasympathetic system. This signals your brain: the threat is over. You can rest.

1

Settle in

Sit or lie down comfortably.

2

Breathe in

Inhale through your nose for **4 counts**.

3

Breathe out

Exhale slowly through your mouth for **6 counts**.

4

Repeat

Do this **6 times**. Your nervous system just received a safety signal.

"I use this every morning before I get out of bed. It took me 36 years to discover something this simple could change how my body feels."

Reset 02 — The Cold Water Reset

PANIC · DISSOCIATION · FEELING CHECKED OUT

30 SECONDS

Why it works: Cold water on your face activates the dive reflex — an automatic response that immediately slows your heart rate and activates your parasympathetic nervous system. It works every time.

1

Go to a sink

Or grab a glass of cold water.

2

Apply cold water

Splash your face, or hold your wrists under cold running water.

3

One slow breath out

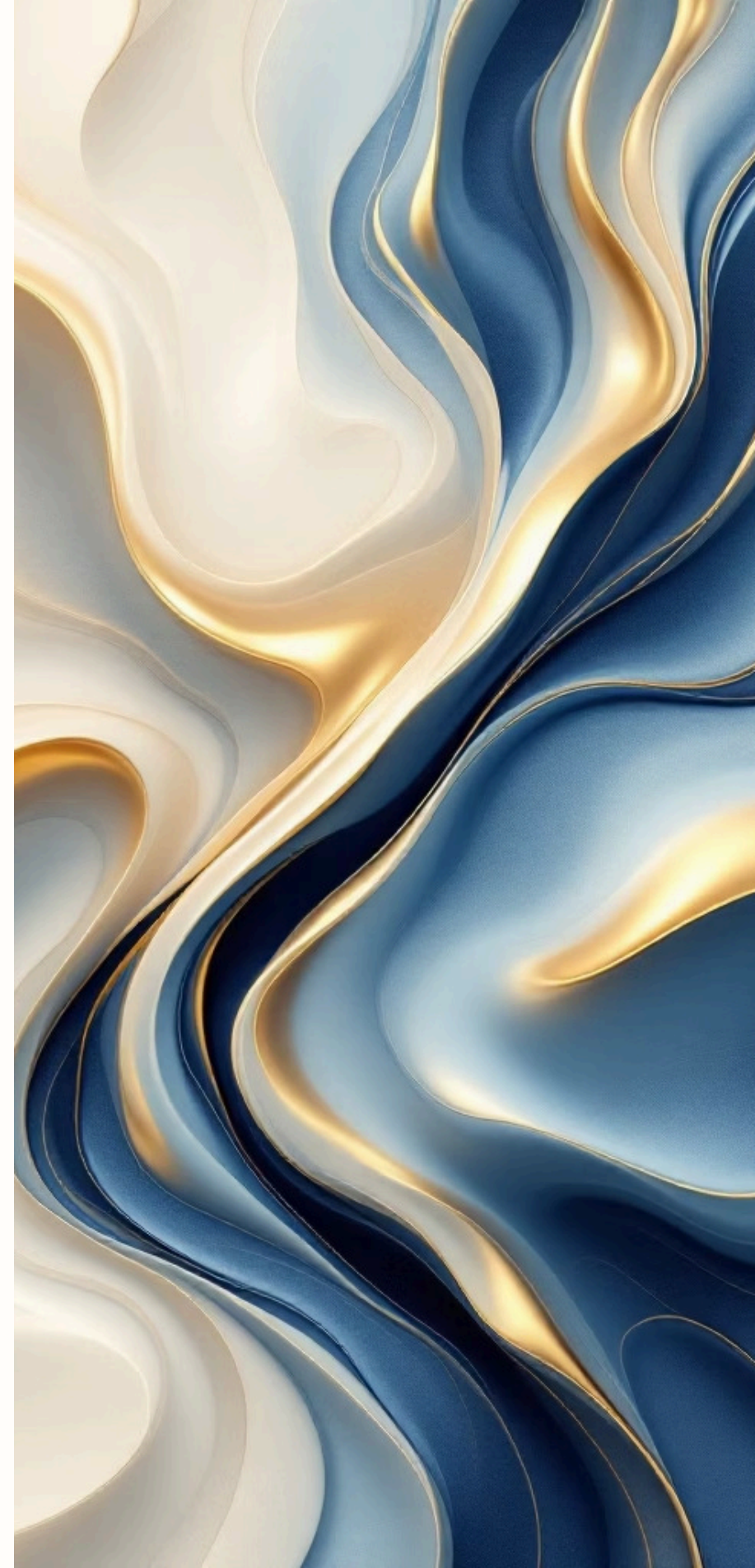
Take a single, slow exhale.

4

Notice the shift

Feel what changed in your body.

"This one sounds too simple to work. It isn't. The first time I tried it during a panic moment — I felt the difference within seconds."



Reset 03 — The 5-4-3-2-1 Ground

DISSOCIATION · FEELING UNSAFE · SPIRALLING THOUGHTS

2 MINUTES

Why it works: When your nervous system is in threat mode, it pulls you out of the present moment. Grounding uses your senses to bring you back — interrupting the threat response and orienting your brain to safety.

1

1 — Taste

Name **1 thing** you can taste.

2

2 — Smell

Name **2 things** you can smell.

3

3 — Hear

Name **3 things** you can hear.

4

4 — Touch

Name **4 things** you can touch. Feel their texture.

5

5 — See

Name **5 things** you can see right now.

Take one breath. **You are here. You are safe.**

"I used this in waiting rooms, in traffic, in the middle of the night. It always brings me back."

This Is Just the Beginning.

These 3 resets are tools. Not solutions. Real nervous system healing happens **slowly. Consistently. Day by day.**

What the 21-Day Reset offers

- One tool, every single day
- Maximum 10 minutes per day
- Built for slow, consistent healing
- Designed for real life — not perfection

Not to fix you

Because you are not broken. But to teach your body something it has been waiting to learn: that it is **safe to rest. Safe to heal. Safe to be here.**

📌 Join the **21-Day Nervous System Reset** — link in bio [@thenervousystemreset](#)