ELYSSA SMITH



The 3S System

A SIMPLE RESET FOR YOUR NERVOUS SYSTEM

When you feel overwhelmed, stuck, or out of sync,
use the 3S System to reset and return to a calmer, clearer state.

1

Safety

SIGNAL TO YOUR BODY THAT YOU'RE SAFE.

☐ Stop and take 3 slow, deep breaths.

Inhale for 4 counts. Exhale for 6. Repeat 3 times.

2

Self Nurturing

MEET A REAL NEED IN YOUR BODY OR SENSES.

☐ Nurture your 5 senses.

Choose one or more to help you regulate:

SEE	HEAR	SMELL	TASTE	TOUCH
something beautiful	*calming music*	*something soothing*	*something nourishing*	*something comforting*

3

Support

YOU DON'T HAVE TO DO IT ALONE.

☐ Reach out to someone.

Connect with a trusted friend, family member, coach,
or supportive community to feel grounded and supported.

Remember

REGULATION ISN'T A LUXURY - IT'S A FOUNDATION FOR EVERYTHING YOU WANT NEXT.