

Nervous System Reset Program – 6-Week Overview

Feel Calm, Safe, and In Control of Your Life

Do you often feel anxious, overwhelmed, or stuck?

Do your emotions or stress responses sometimes feel like they run the show?

This 6-week guided program will help you **understand and regulate your nervous system**, so you can finally feel **safe, grounded, and empowered** in your own body and mind.

Through **art therapy, trauma-informed practices, and gentle nervous system mentoring**, you'll gain the tools to reset and thrive — without feeling overwhelmed by technical jargon or rigid techniques.

This Program Is For You If:

- You've experienced stress, trauma, or **burnout** and want to feel safe in your body again.
- You're ready to **let go of survival mode** and live with more ease and balance.
- You've tried talk therapy or self-help strategies but need **hands-on, creative tools** that actually work.
- You want to explore healing in a **safe, compassionate, non-judgmental environment**.
- **Perinatal** (From pregnancy to toddlerhood) **overwhelm and dysregulation**.

What You'll Gain

By the end of this program, you will:

- 🌱 **Understand Your Nervous System**
Recognise your patterns (fight, flight, freeze, fawn) and respond with confidence instead of fear.
- 🌸 **Feel Safe and Grounded**
Build an inner sanctuary through calming practices and a personalised Safety Toolbox.
- ❤️ **Connect with Your Inner Child**
Connect with and nurture the younger parts of yourself that need love and care.
- ✨ **Set Healthy Boundaries**
Protect your energy, create balanced relationships, and reduce overwhelm.
- 🎨 **Release and Express Through Creativity**
Use art-making to safely process emotions and reconnect with joy and playfulness.
- 🌱 **Create a Sustainable Self-Care Plan**
Leave with a clear roadmap to maintain your growth and regulation long-term.

Program Flow

Each week builds on the last, creating a safe, supportive path towards regulation and growth.

Week	Theme	Core Focus	Key Practices
Week 1	<i>Mapping Your Nervous System</i>	Understanding your nervous system patterns and responses.	Body mapping, grounding, self-assessment.
Week 2	<i>Cultivating Safety</i>	Creating external and internal safety to support healing.	Safety Toolbox, safe space visualisation, breathwork.
Week 3	<i>Connecting With Your Inner Child</i>	Healing and nurturing your younger self.	Inner child visualisation, art activity, and reparenting practices.
Week 4	<i>Boundaries for Protection & Growth</i>	Setting healthy boundaries to protect your energy.	Boundary mapping, practice scripts, and circle art activity.
Week 5	<i>Healing Through Art</i>	Using creativity as a tool for emotional release and integration.	Free art-making, healing journey piece, container art activity.
Week 6	<i>Therapeutic Journaling & Integration</i>	Reflecting, integrating, and planning for long-term healing.	Journaling techniques, vision art, and a personal care plan.

Key Program Takeaways

1. Awareness

- Learned to recognise **fight, flight, freeze, and fawn** responses.
 - Identified triggers and nervous system patterns.
 - Developed a **language for your body's signals**.
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2. Safety

- Built a **Safety Toolbox** of grounding techniques and calming practices.
 - Cultivated a **safe inner world**, even in stressful moments.
 - Connected to your body with compassion and curiosity.
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3. Inner Connection

- Met and nurtured your **inner child**.
 - Discovered unmet childhood needs and began reparenting.
 - Strengthened **self-trust** and emotional resilience.
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4. Boundaries

- Learned that boundaries are acts of self-love, not selfishness.
 - Practised setting limits to **protect your energy**.
 - Created a visual map of what to keep close and what to release.
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5. Creative Expression

- Used art as a **safe, non-verbal way to process emotions**.
 - Explored playfulness and joy as part of healing.
 - Created a **visual record of your journey**.
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6. Integration

- Discovered journaling techniques to continue your growth:
 - Free writing
 - Body check-ins
 - Inner child dialogues
- Developed a **personal care plan** for ongoing regulation and self-care.

Daily & Weekly Practices

To keep your nervous system supported, you'll integrate these practices into your routine:

Practice	When to Use	Purpose
Grounding breathwork	Morning or during stress	Calm the body and mind.
Journal check-in	Daily or 3x per week	Process emotions, track triggers.
Creative art time	Weekly ritual	Release emotions, connect with joy.
Boundary reflection	Weekly	Evaluate relationships and energy drains.
Safety Toolbox check	During overwhelm	Return to a sense of inner safety.

What Makes This Program Unique

Unlike traditional programs, *The Nervous System Reset* blends **science, creativity, and compassion** to create deep and lasting change.

- ✨ **Trauma-Informed:** Gentle, supportive practices at your pace.
- 🎨 **Creative Expression:** Art therapy tools to process emotions without words.
- 💡 **Simple Education:** Easy-to-understand nervous system concepts — no overwhelm.
- ❤️ **Holistic Approach:** Focuses on mind, body, and spirit for whole-person healing.



Who Facilitates This Program

Hi, I'm Suzana, a **Registered Nurse, Art Therapy Practitioner, and Trauma-Informed Mentor** with a passion for helping women reconnect with their inner wisdom.

I bring:

- 20+ years of experience in clinical care and emotional health.
- A deep understanding of trauma and nervous system regulation.
- A compassionate, creative approach that helps you feel safe and supported.

Client Results

Participants often report:

- Feeling **calmer and more in control** of their emotions.
- Greater self-awareness and inner safety.
- Stronger, healthier boundaries in relationships.
- A renewed sense of playfulness, creativity, and joy.
- The ability to **move forward with confidence and purpose**.

Your Investment

- **Duration:** 6 weeks
- **Session length:** 1.5 hours per week in-home sessions plus “homework” activities
- **Location:** Your comfy home
- **Program fee:** \$497

Next Steps

Spaces are limited, so if you feel ready to **reset your nervous system and reclaim your life**, take the next step today:

- **Email:** hello@starlahrose.com
- **DM:** [mind.archaeology](#) that (insta/FB)
- **Website:** starlahrose.com/carecapacitycommunity (book your free strategy session)