

The Nervous System Reset

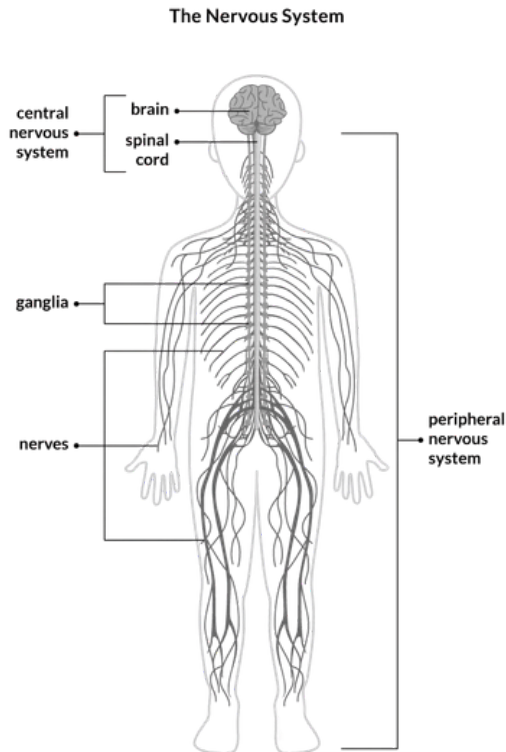


From Survival to Safety
A Practical Reset Guide



What is meant by the Nervous System?

There is growing discussion around the “Nervous System”, but what does it actually mean? Biologically, the nervous system is an intricate system of nerves and nerve cells, called neurons, that send signals or messages to and from the brain and spinal cord across different parts of the body.



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“Some days are meant for breathing, not proving”

Explaining the Nervous System

Your nervous system's job is to keep you safe, by constantly scanning for signs of danger.

Sometimes it stays in "protection mode" even after the danger has passed.

Below are 4 nervous system responses to danger:

Fight

Active oppositional
pushback against adversity
Ex. Aggression or
violence

Flight

Attempt to escape stress
through strategies that
may be adaptive
Ex. Withdrawal

Freeze

Paralysis or avoidance
under stress
Ex. Substance use,
dissasociation

Fawn

Accommodation to
oppressive norms
Ex. internalized stigma



Reflection

Have you noticed your body trying to protect you?

- ☐ Racing thoughts
- ☐ Muscle tension
- ☐ Digestive issues

- ☐ Fatigue
- ☐ Difficulty relaxing
- ☐ Chronic pain

Lets learn a bit more about what "Nervous System Regulation" really means...

LEARNING WITH EXPERIENCE

Your nervous system is always asking "am I safe?"
It answers this question through your experiences, relationships, environment, and how you speak to yourself.

WHAT IS IT?

Stress is a normal part of life. Regulation means noticing when your nervous system has shifted into survival mode and gently helping it recover.

STRESS ISN'T THE ENEMY

Acute stress isn't harmful on it's own. The challenge is when your nervous system stays in survival mode for too long without the chance to recover.

MY BODY WORKS HARD FOR ME!

WHAT'S THE GOAL?

Eliminating stress is not possible. What we can do is build flexibility, resilience, and the ability to return to a sense of saety.

BUILDING A SKILL

Your nervous system can absolutely change, it is not a life sentence. Just like building strength through exercise, regulation becomes easier with small, consistent practice.

WHAT AFFECTS IT?

Stress, trauma, sleep, movement, relationships, illness, environment, and daily habits all influence regulation.

What Helps Me Feel Safe?

A common misconception with regulation is thinking we're permanently eliminating stress. True regulation is about recognizing moments of safety for our mind and body.

Every nervous system is different. This page is about discovering what helps your body feel safe. Below are some examples of safety. Select what helps you feel safe.

Nature

☐

Warm Tea

☐

Music

☐

Deep Breathing

☐

Movement

☐

Pets

☐

A Trusted Person

☐

Journaling

☐

Quiet

☐

Therapy

☐

 Notes

CHECK-IN WITH YOURSELF

Before we dive deeper, let's take a moment to pause
and check in with how you're feeling right now.



HOW DOES YOUR BODY FEEL?

WHAT EMOTIONS ARE YOU EXPERIENCING?

WHAT DO I NEED RIGHT NOW?
Ex. Love, comfort, movement...



My Personal Regulation Plan

This is your personal plan. Use this worksheet to explore and build a few tools for each prompt, so you can have them ready for when you need them the most.

When I feel overwhelmed....

I can...

When I'm feeling anxious....

I can...

When my body feels tense....

I can...

When I feel stuck or unmotivated...

I can...

When I'm avoiding something important...

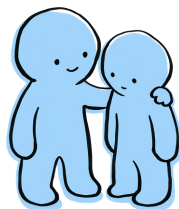
I can...

When I notice I'm being hard on myself...

I can...

When I need to reset...

I can...



Word bank/ examples:

☐ Call someone

☐ Deep breathe

☐ Go outside

☐ Listen to music

☐ Stretch

☐ Journal

Weekly Reflection



Explore and reflect to understand and manage triggers better, with more awareness and compassion.

This week I noticed...

One trigger I became more aware of...

What helped me regulate?...

One thing I could have done...

One thing I'll continue practicing / what I want to do more of...

What would I say to a friend in my position?



Gratitude Practice

TODAY IM FEELING

POSITIVE AFFIRMATIONS



TODAY I'M GRATEFUL FOR

1

2

3

SOMETHING I'M PROUD OF

MORE OF THIS:

LESS OF THIS:

MY FAVORITE MOMENT THE DAY



TOMORROW I LOOK FORWARD TO



RETURNING TO YOURSELF



WHEN DO I FEEL MOST CONNECTED
TO MYSELF?



WHAT HAVE I BEEN IGNORING THAT
WANTS TO BE HEARD?



WHAT DO I DEEPLY KNOW BUT
HAVEN'T ACTED ON YET?



WHAT WOULD I DO IF I TRUSTED
MYSELF FULLY?

