



**SELSIGNAL**  
HEALING

# The Self-Signal Reset™ Manual

Transform Your Nervous System  
in Just 3 Minutes

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# Self-Signal Reset Manual

## Transform Your Nervous System in 3 Minutes

By Regina Altamirano\*

### What Is a Self-Signal Reset?

A self-signal reset is a rapid intervention technique that shifts your nervous system from a dysregulated state (fight-flight-freeze) to a regulated, calm state. By sending specific physiological signals to your brain, you can interrupt stress patterns and restore balance in just 3 minutes.

### The Science Behind It

Your nervous system operates through two main branches:

- **Sympathetic (Gas Pedal):** Activates stress response, increases heart rate, shallow breathing
- **Parasympathetic (Brake Pedal):** Promotes calm, rest, digestion, and healing

When stressed, your sympathetic system dominates. This protocol uses body-based signals to activate your parasympathetic "brake" system, telling your brain it's safe.

### The 3-Minute Protocol

#### MINUTE 1: Physiological Sigh (0:00-1:00)

**The Signal:** Deep breathing that engages the vagus nerve

**How to do it:**

1. Inhale deeply through your nose (fill lungs 80%)
2. Take a second, shorter inhale through your nose (top off lungs to 100%)
3. Exhale slowly and completely through your mouth (empty all air)
4. Repeat 5-6 times in the first minute

**Why it works:** The double-inhale reinflates collapsed alveoli in your lungs, while the long exhale activates your vagus nerve, immediately slowing heart rate and signaling safety to your brain.

#### MINUTE 2: Bilateral Body Tapping (1:00-2:00)

**The Signal:** Cross-lateral movement that balances brain hemispheres

**How to do it:**

1. Sit or stand comfortably
2. Cross your arms over your chest (hands on opposite shoulders)
3. Alternately tap left, then right shoulder in a steady rhythm
4. Pace: About 1 tap per second (like a heartbeat)
5. Continue for the full minute while breathing normally



**Alternative method:** Tap alternating knees, or alternating sides of your hips

Why it works: Bilateral stimulation reduces amygdala activation (fear center), integrates left and right brain hemispheres, and mimics the soothing rhythm experienced in early development.

### **MINUTE 3: Grounding Reset (2:00-3:00)**

**The Signal:** Sensory awareness that anchors you in the present

**How to do it:**

1. Feel your body (20 seconds): Notice 5 points of contact (feet on floor, back against chair, etc.)
2. See your environment (20 seconds): Name 5 things you can see, noting colors and details
3. Orient to safety (20 seconds): Look slowly around the room, letting your eyes confirm you're safe

**Why it works:** Grounding interrupts the threat-detection loop by bringing awareness to present reality rather than imagined threats. It activates your prefrontal cortex (rational brain) and calms your limbic system (emotional brain).

### **When to Use This Protocol**

- ✓ Before important meetings or presentations
- ✓ After receiving stressful news
- ✓ During anxiety or panic symptoms
- ✓ When feeling overwhelmed or scattered
- ✓ Before sleep if your mind is racing
- ✓ After conflict or difficult conversations
- ✓ Anytime you notice shallow breathing or tension

### **Signs Your Nervous System Has Reset**

You'll know it's working when you notice:

- Deeper, easier breathing
- Reduced heart rate
- Relaxed jaw, shoulders, and facial muscles
- Mental clarity returning
- Ability to think rather than react
- Physical warmth in hands/feet (increased circulation)
- Feeling "back in your body"



## Advanced Tips

**Stack the protocol:** If you're highly dysregulated, do the full 3 minutes twice in a row.

**Preventive use:** Practice once daily (morning or evening) to build nervous system resilience.

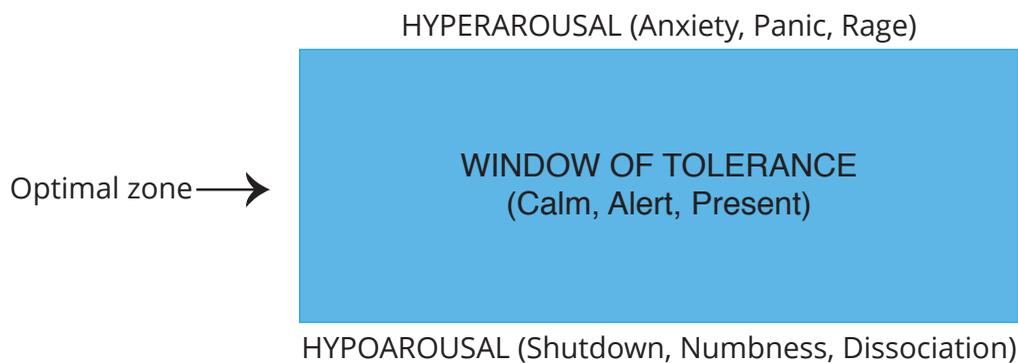
**Customize it:** Once familiar, you can do any single minute when you only have 60 seconds.

**Add vocalization:** During the exhale in Minute 1, add a humming or "voo" sound to increase vagal tone.

**Cold water boost:** Splash cold water on your face before starting for an extra reset signal.

## Understanding Your Window of Tolerance

Think of your nervous system regulation as a window:



This protocol brings you back into your window from either direction.

## Common Mistakes to Avoid

- ✗ Rushing through the steps (defeats the purpose)
- ✗ Judging whether it's "working" while doing it (stay present)
- ✗ Skipping steps because they feel "silly"
- ✗ Doing it only during crisis (practice when calm too)
- ✗ Shallow breathing instead of full breaths

## Building Long-Term Resilience

This 3-minute reset is a tool, not a cure. For lasting nervous system health:

- Practice regularly, not just in crisis
- Address underlying stressors when possible
- Get adequate sleep (7-9 hours)
- Move your body daily
- Maintain social connections
- Consider professional support if dysregulation is chronic



## Quick Reference Card

**Total Time:** 3 minutes

1. 0:00-1:00 → Physiological Sigh (double inhale, long exhale × 6)
2. 1:00-2:00 → Bilateral Tapping (cross arms, tap shoulders)
3. 2:00-3:00 → Grounding Reset (5 touches, 5 sights, room scan)

**Result:** Shifted from sympathetic to parasympathetic dominance

## Scientific References

This protocol synthesizes research from:

- Dr. Andrew Huberman (physiological sigh research, Stanford)
- Dr. Stephen Porges (Polyvagal Theory)
- Dr. Bessel van der Kolk (body-based trauma therapy)
- EMDR bilateral stimulation principles
- Somatic experiencing practices

## Your Commitment

The nervous system is trainable. Each time you use this protocol, you're building new neural pathways that make regulation easier over time. Think of it as a workout for your vagus nerve.

**Start now:** Set a timer for 3 minutes and try it once. Your nervous system will thank you.

*This manual is for educational purposes. If you experience severe anxiety, panic disorder, PTSD, or other mental health conditions, please consult a licensed mental health professional.*

*\* Regina Altamirano is the founder of SelfSignal Healing™. She teaches practical self-healing processes that go where therapy, mindset work, and spiritual practices usually stop—the internal signals that quietly keep people stuck.*

*By re-training those signals, she helps people move beyond surface-level healing into genuine nervous system rewiring, emotional freedom, and aligned manifestation.*





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