



THE 10 MINUTE RESET

# SIMPLE NERVOUS SYSTEM SUPPORT

by Grace

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# WELCOME

Motherhood can feel loud, constant, and overwhelming.  
Your body holds it and your mind carries it.

This 10-minute reset is designed to help you pause,  
regulate your nervous system, and create a moment of  
calm in the middle of it all.

It's simple, it's realistic and it's something you can come  
back to anytime you need it.

*Grace*



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Create clarity by focusing on just one thing.



# HOW TO USE THIS RESET

Start by finding a small pocket of time in your day. This reset is designed to take just 10 minutes, but you can move through it more slowly if you need to.

Begin wherever you are, you do not need a perfectly quiet house, a clean space, or ideal conditions. This is meant to support you in real life.

Read through each step in order and follow the prompts as you go. Each one is designed to gently help your body and mind slow down.

Let yourself move through it without pressure, there is no right way to do this. The goal is not to do it perfectly, but to create a moment of calm and safety for your nervous system.

Come back to this reset anytime you feel overwhelmed, overstimulated, mentally scattered, or like you need a pause.

You can use it as:

- a morning reset
- a midday pause
- a way to regulate after a hard moment
- a gentle wind-down in the evening

Even a few intentional minutes can help shift the way you feel.



# HOW TO USE THIS RESET ON YOUR PHONE

You can print this out or fill it in directly on your phone—whatever feels easiest for you.

There's no right way to use this.  
Just make it yours.

## On iPhone

Open the PDF in your Files app  
Tap the pen icon (Markup) in the top corner  
Use the text tool or pen to write in your answers  
Tap Done to save

## On Android

Open the PDF using Google Drive or your default PDF app  
Tap the edit or annotate option  
Use the text tool or pen to fill it in  
Save your changes





LETS GET  
STARTED

# INTERRUPT THE SPIRAL

When everything feels like too much, your mind starts racing and your body follows.

Before trying to "fix" anything, the first step is simply to pause.

This moment is about interrupting that loop — not with force, but with awareness.

- Place one hand on your chest and one on your stomach.
- Let yourself stop, even if it's just for a few seconds.
- Say in your head 'nothing is wrong right now'

Prompt:

What am I feeling right now?

*your thoughts*

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# REGULATE YOUR BREATHING

Your breath is one of the quickest ways to communicate safety to your body.

When you're overwhelmed, your breathing becomes shallow and fast. By slowing it down — especially your exhale — you begin to shift your nervous system back to calm.

There's nothing you need to do perfectly here, just soften and breathe.

- Inhale through your nose for 4 seconds
- Exhale slowly through your mouth for 6 seconds
- Repeat 6–8 times

Let your shoulders drop as you do.

Prompt:

How do I feel after the slow breathing?

*your thoughts*

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# GENTLE BODY RESET

Stress doesn't just live in your mind — it sits in your body too.

Tight shoulders, clenched jaw, heavy chest... it all adds up.

This is your moment to release some of that tension through soft, slow movement.

- Roll your shoulders.
- Stretch your neck.
- Touch your toes and sway
- Or simply sit and let your body soften.

There is no intensity here — just ease.

Prompt:

Where am I holding tension, and how can I work movement into my routine everyday?

*your thoughts*

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# SHIFT YOUR MINDSET

Once your body begins to settle, your thoughts become easier to guide.

You don't need to force positivity, you're simply offering your mind something more supportive to hold onto.

Replace the mental noise with one grounding thought:

- "I am allowed to slow down."
- "This moment doesn't need to be rushed."
- "I can handle this, one step at a time."
- "It's okay to feel overwhelmed and still be okay."

Let it feel believable, not perfect

Prompt:

What is one thought that feels supportive for me right now?

*your thoughts*

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# CHOOSE ONE SMALL NEXT STEP

Overwhelm often comes from feeling like everything needs to be done at once. But clarity doesn't come from doing more — it comes from doing less, with intention.

You don't need a full plan, you just need one small step forward. Something simple. Something doable, that's enough.

Examples:

- Fill up your water bottle
- Step outside for fresh air
- Sit on the floor with your child
- Put your phone down

Do this next task slowly instead of rushing

Prompt:

What is one small thing I can do next that feels calm, not rushed?

*your thoughts*

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# A GENTLE REFLECTION

You don't need to do more to be a good mum.

You don't need to hold everything perfectly.

Taking care of yourself is not selfish —  
it's what allows you to keep showing up.

In the middle of motherhood,  
don't forget — you are allowed to exist here too.

Come back to this anytime you need.



