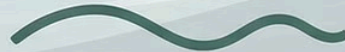
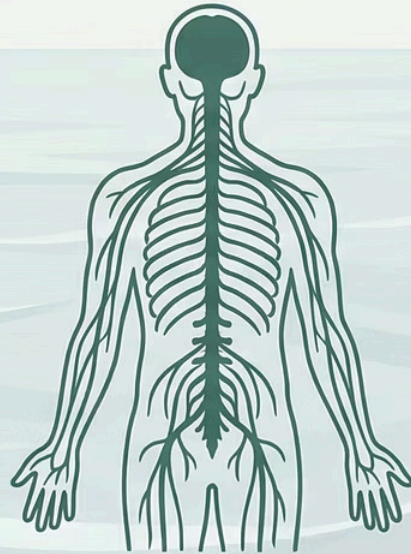


# The 5-Minute Neural Reset

Realigning your nervous system  
for metabolic flow.



# The Reset



**shift back into Rest and Digest mode**  
where true healing and vitality begin.

- ① When our nervous system is stuck in 'fight or flight,' our metabolism stalls and our mind feels cluttered. Use these three steps to shift back into 'Rest and Digest' mode—the state where true healing and vitality begin.

1

# The Physiological Sigh

1 Minute



Repeat 3 times.

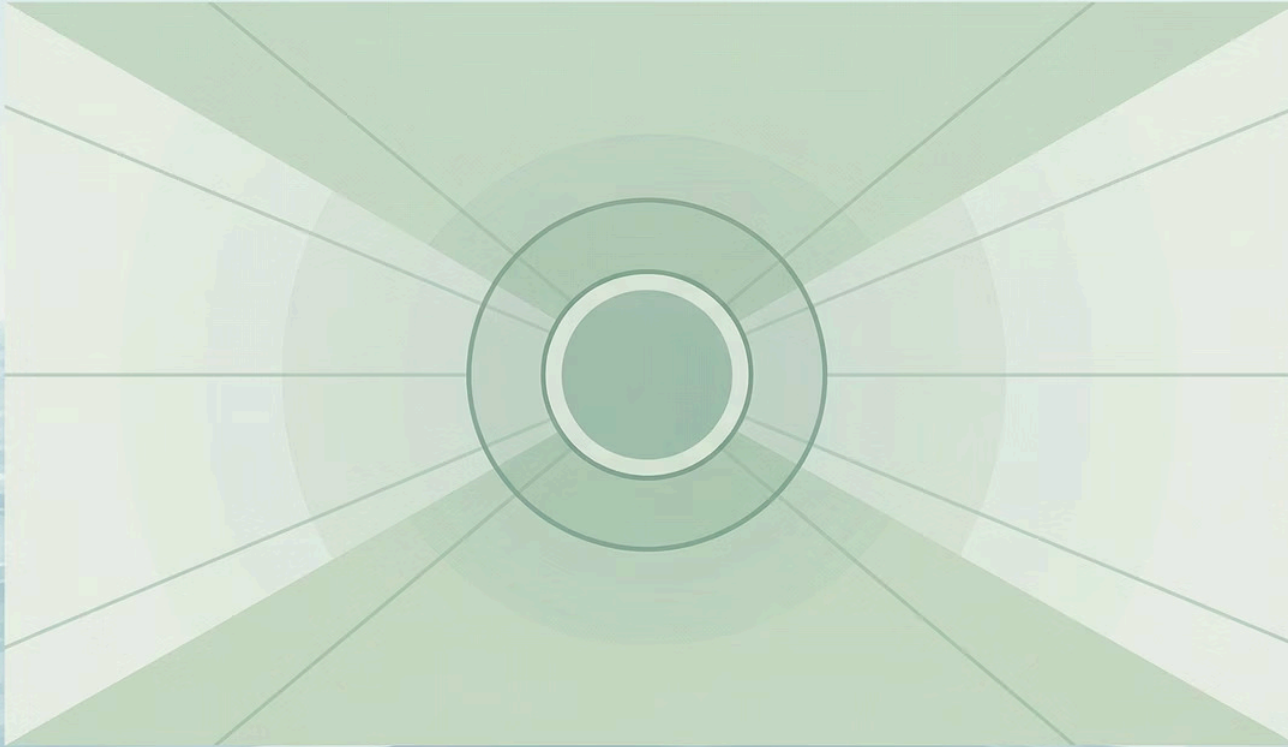
- The Action: Take a deep breath in through your nose. Just when you think you're full, take a second, shorter "sip" of air to fully expand the lungs.
- The Release: Exhale through your mouth with a long, slow "whoosh" until your lungs are empty.
- Repeat: 3 times.

*This is the fastest biological way to lower your heart rate*

# 2

## Peripheral Vision Expansion

1 Minute



Hold wide view for 60 seconds.

- The Action: Pick a point straight ahead. Without moving your eyes, try to "see" the walls to your left and right.
- The Goal: Soften your gaze until you are aware of the entire room at once. Hold this "wide view" for 60 seconds.

*Widening your gaze physically signals to the brain that there is no immediate threat*

# 3 The Metabolic Grounding

3 Minutes



I am safe. I am present. I am flowing.

- The Action: Drink 4 ounces of room-temperature water slowly. Feel the sensation of the water moving down.
- The Focus: Plant your feet flat on the floor. Identify three textures you can feel right now (e.g., the chair against your back, your feet in your shoes, the air on your skin).

*Connecting the mind back to the physical body*

# Your 5-Minute Reset

1



1 min

2



1 min

3



3 min

Complete sequence = 5 minutes

# Begin flowing.



Your nervous system reset starts now.