

NERVOUS SYSTEM RESET GUIDE

# You're Not Broken - You're Just Overstimulated

A SCIENCE-BACKED GUIDE FOR WOMEN NAVIGATING  
STRESS, CHANGE, AND DIGITAL OVERLOAD

BY RIZYRAMBLES  
A CALM RESET SERIES



# A MOMENT TO ARRIVE



If you've been feeling wired but exhausted — tired even after resting, distracted even in silence — your body isn't failing you. It's just overworked from trying to keep you safe.

Take a breath before you begin.

You're already doing enough.

*Ritzyrambles*

# WHAT CALM REALLY DOES FOR YOUR BODY



**Calm is when your nervous system finally stops living in survival mode.**

It's clear thinking and steady energy. Your hormones are communicating properly again. Your stomach relaxes. Digestion feels easier again. Breath that finally reaches the bottom of your lungs. A body that stops scanning the world for danger.

*Calm is biology, not behavior.*



**Calm doesn't make you passive — it makes you powerful. When the nervous system is regulated,**

You make better decisions.

You respond instead of react.

Your emotions feel steady.

You sleep more deeply.

Your mind clears.

Your energy returns.

*That is the opposite of weak.*





# WELCOME HOME TO CALM



## Dear beautiful human,

Your nervous system is the part of you that never stops working — keeping you safe, alert, and holding more than you realize. When life becomes full of noise and screens, it doesn't mean you're weak for feeling tired; it simply means your body hasn't been able to settle back into safety.

Think of your nervous system as your body's compass — it's always pointing you somewhere. When you're overstimulated, it's not lost; it's just been stuck in “survival mode,” scanning for safety. These rituals help you reorient — gently turning your compass back toward calm, focus, and ease.

You don't need to push harder to find calm. You simply need to give your body the signal that it's safe again. That's what this guide is for — a gentle way to come home to yourself.

Each ritual inside is science-backed, short enough to fit into real life — but powerful enough to change your body's rhythm. You'll notice shifts in your breath, your thoughts, even the way you move through your day.

Take these few minutes for yourself — not as self-care, but as self-respect.

With warmth and calm,

Paveena 🌿





# THREE NERVOUS SYSTEM RITUALS



## 1. THE BREATH REBALANCE · 1 MINUTE

### Science cue:

A longer exhale activates the vagus nerve — your body's natural calm switch.

### How to do it:

- Inhale through your nose for 4 counts.
- Exhale slowly through your mouth for 6.
- Feel the air leave your body like a quiet release.
- Repeat for one minute — or as long as it feels good — before you open your phone or start your day.



*\*If anything feels uncomfortable, adjust or pause. Your body leads, not the instructions.*

### Result:

Your heart rate drops and your mind softens before the day even begins.

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*Next: The Grounding Touch → 2 minutes to reconnect with your body.*



# THREE NERVOUS SYSTEM RITUALS



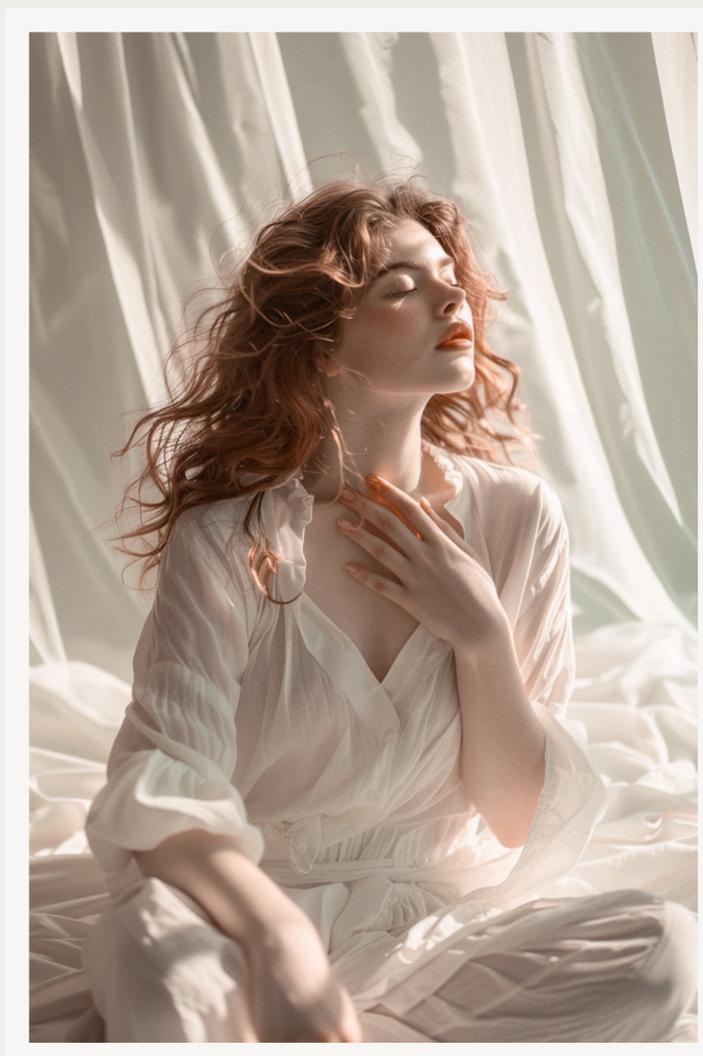
## 2. THE GROUNDING TOUCH · 2 MINUTES

### Science cue:

Physical contact with your own body activates the parasympathetic (rest-and-digest) system, lowering cortisol and enhancing emotional safety.

### How to do it:

- Place one hand over your heart, the other on your stomach.
- Close your eyes and say softly: “I’m safe in my body.”
- Notice your breath slowing and your shoulders dropping.



*\*If anything feels uncomfortable, adjust or pause. Your body leads, not the instructions.*

### Result:

Your body feels held — by you

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*Next: The Slow Glance → 3 minutes to let your eyes find peace and your thoughts quiet down.*



# THREE NERVOUS SYSTEM RITUALS



## 3. THE SLOW GLANCE · 3 MINUTES

### Science cue:

Your eyes are directly connected to the nervous system; when they scan for beauty instead of threat, your body shifts from alert to ease.

### How to do it:

- Look around your space and find five things that feel safe, still, or beautiful — a plant, a beam of light, the texture of your sleeve.
- Say them silently to yourself.
- Breathe as you look.



*\*If anything feels uncomfortable, adjust or pause. Your body leads, not the instructions.*

### Result:

Your mind learns that peace can be found in ordinary moments.

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*Next: Reflection → let your awareness settle and notice what has shifted.*



# REFLECTIONS

When the body slows down, the mind begins to speak softly. Take a few moments after your rituals to listen — not to fix, but to notice. These prompts are here to help you reconnect with what's already within you.

 What does safety feel like in my body today?

Notice sensations — not thoughts: warmth, ease, space, breath, or maybe just less tension than before.

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 What helps me return to myself most easily?

It might be breath, sunlight, silence, or touch.

Name it — so your nervous system knows the way home.

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*EVERY TIME I RETURN TO MYSELF, MY BODY LEARNS I AM SAFE.*



# REFLECTIONS

When the body slows down, the mind begins to speak softly. Take a few moments after your rituals to listen – not to fix, but to notice. These prompts are here to help you reconnect with what’s already within you.

 What part of my life is asking for more softness right now?

Look gently at the spaces where you’ve been pushing.  
Sometimes calm begins where effort ends.

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 If I could treat myself the way I comfort a friend, what would that look like today?

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*SOFTNESS IS SAFETY. SAFETY IS HEALING.*