

5-Minute Nervous System Reset

A gentle, trauma-informed guide to help you feel grounded, safe, and in control.

If you feel overwhelmed, anxious, or stuck in survival mode, your nervous system may be dysregulated. These steps are designed to gently bring your body back into a state of safety.

Step 1: Grounding

Name 5 things you can see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste.

Step 2: Breath Reset

Inhale for 4 seconds, hold for 4, exhale for 6. Repeat slowly.

Step 3: Body Awareness

Scan your body and gently release tension where you notice it.

Step 4: Orienting

Look around slowly and remind yourself: I am safe right now.

Step 5: Self-Compassion

Place a hand on your chest and say: This is hard, but I am here for myself.

Healing happens in small, safe moments. You are not broken—your body is protecting you.