

NERVOUS SYSTEM RESET

Step out of fight or flight



YOU GOT THIS

Nervous System Reset Worksheet

This worksheet is designed to help you understand and implement techniques to reset your nervous system. It includes practical exercises and reflective questions to aid in regulating your body's response to stress and anxiety.

Understanding the Nervous System

The nervous system is a complex network that regulates bodily functions and responses to external stimuli. It is divided into two main parts: the **central nervous system (CNS)**, which includes the brain and spinal cord, and the **peripheral nervous system (PNS)**, which connects the CNS to the rest of the body. The PNS is further divided into the **somatic nervous system** and the **autonomic nervous system (ANS)**, which controls involuntary bodily functions.

The ANS is crucial for stress response and is divided into the **sympathetic nervous system (SNS)**, responsible for the "fight or flight" response, and the **parasympathetic nervous system (PNS)**, which promotes "rest and digest" activities.

Techniques for Nervous System Reset

1. Deep Breathing Exercises

Purpose: Activate the parasympathetic nervous system to promote relaxation.

Steps:

- Find a comfortable seated or lying position.
- Close your eyes and take a deep breath in through your nose, counting to four.
- Hold your breath for a count of four.
- Exhale slowly through your mouth, counting to six.
- Repeat for 5-10 minutes.

2. Progressive Muscle Relaxation

Purpose: Reduce physical tension and enhance calmness.

Steps:

- Start by tensing the muscles in your toes for 5 seconds.
- Relax the muscles for 10 seconds.
- Gradually move up through your body, tensing and relaxing each muscle group.

3. Visualization

Purpose: Use mental imagery to foster a sense of peace.

Steps:

- Sit comfortably with your eyes closed.
- Imagine a peaceful place, such as a beach or forest.
- Use all your senses to experience this place: the sounds, smells, and sights.
- Spend 5-10 minutes in this visualization.

4. Grounding Exercises

Purpose: Reconnect with the present moment and reduce anxiety.

Steps:

- Sit or stand comfortably.
- Focus on your physical connection to the ground, feeling the support beneath you.
- Notice five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

Reflective Questions

1. **What signs indicate that my nervous system is out of balance?**
2. **Which techniques have I tried in the past to calm my nervous system? Were they effective?**
3. **How can I incorporate these exercises into my daily routine?**
4. **What changes do I notice in my body and mind after completing these exercises?**

Creating a Routine

- **Consistency is key:** Aim to practice these techniques daily.
- **Set reminders:** Use alarms or calendar notifications to keep on track.
- **Journal your progress:** Note any changes in your stress levels and overall well-being.

By regularly engaging in these exercises, you can help maintain a balanced nervous system, leading to improved mental health and resilience against stress.