

# DAILY NERVOUS SYSTEM RESET

for Systems

## BODY SCAN

(NO FIXING. JUST NOTICING.)

YOU DON'T HAVE TO FEEL EVERYTHING—  
JUST ONE PLACE IS ENOUGH.

NECK / JAW / SHOULDERS  
CHEST / BELLY  
LEGS / FEET

WHAT SOFTENS IF YOU LET IT?

## ORIENTING TO TODAY (WHAT'S TRUE RIGHT NOW)

Take a breath. Answer gently. No fixing

- Where am I, physically?
- What day / time is it?
- Is there an immediate threat right now?
- What happened that this body might still be responding to?

**Reminder: Past danger can feel present even when it isn't.**

## EMOTIONALLY OVERALL



## COHERENCE CHECK

(Does the story match the data?)

### Let information and experience meet.

- What does my mind think is happening?
- What is my body showing? (heart rate, breath, tension, fatigue?)
- Do I have data—apps, patterns, history—that helps clarify?
- Could this be a stress response?

**Coherence can reduce fear without needing certainty.**

## ONE GENTLE CHOICE

- PAUSE
- WARMTH
- TEA, HOT COCOA
- SHOWER
- WARM PACK
- EAT SOMETHING SIMPLE
- STEP OUTSIDE
- STOP WORKING
- LIE DOWN
- DO NOTHING

## SYSTEM ROLL CALL

No one has to leave—just check in.

- 🔍 Who is present right now?
- 🛡️ Who is on high alert?
- 😨 Are there parts who are scared, over-responsible, or bracing?
- 😴 Are there parts who would like rest?

You don't need consensus. Awareness is enough.

## OUR BODY AWARENESS



**SOMETIMES THE BRAVEST THING A SYSTEM CAN DO... IS PAUSE**