

NERVOUS SYSTEM RESET

A QUICK RESET FOR YOUR NERVOUS SYSTEM

01.

BREATHE

Inhale slowly for 4 counts. Hold for 4. Exhale for 6.

Your exhale activates your body's natural calming response.

02.

GROUND

Name 5 things you can see. 4 you can touch. 3 you can hear.

This brings your nervous system back to the present moment.

03.

RELEASE

Drop your shoulders. Unclench your jaw. Soften your hands.

Notice what you were holding without realizing it.

04.

BE STILL

Place one hand on your chest. Feel it rise and fall.

You were made for moments of stillness. This is one of them.

05.

ONE THING

What is one small thing within reach right now?

Not a solution. Just one steady thing to hold onto.



IF YOU FIND YOURSELF NEEDING MORE SUPPORT, THE WHOLE CAFE IS HERE.