

Your

NERVOUS SYSTEM RESET GUIDEBOOK

The 10-Minute Nervous System Reset:
Your Pocket Guide to Calm



By Jen Mac

Part 1

WHAT IS GROUNDING?

What Grounding Is and Why It Matters:

Grounding is the practice of reconnecting your mind and body to the present moment, anchoring yourself in your physical and sensory experience. I also like to call “my connection with Mother Earth.” When your nervous system is triggered—by stress, anxiety, or overwhelm—it can easily get stuck in fight-or-flight or shutdown modes.

Grounding brings your awareness back into your body, helping your nervous system shift from high alert to calm and regulated. It’s like a mental and emotional reset button, allowing your mind to settle while your body knows it’s safe.

The benefits of grounding extend across both body and mind. Physically, grounding helps reduce muscle tension, slow a racing heart, and ease shallow or rapid breathing.

Emotionally, it reduces feelings of panic, irritability, and overwhelm, giving you clarity and a sense of control. Mentally, it helps you focus, improves decision-making, and enhances your capacity to respond thoughtfully rather than react impulsively.

Over time, regular grounding strengthens your nervous system’s ability to recover from stress quickly, so these episodes become shorter and less intense.

Beyond immediate relief, grounding also cultivates a deeper connection to yourself, your body and your environment.

When you take the time to anchor into your body, you learn to notice subtle signals of stress or tension before they escalate. This awareness is powerful: it allows you to intervene early, reset your nervous system, and make conscious choices about how you respond to the world. Grounding isn’t just a quick fix—it’s a lifelong tool that supports resilience, emotional balance, and overall well-being.



HOW TO GROUND YOURSELF

Practical Steps:

Grounding is most effective when you bring your attention fully into your body and senses. Start by finding a comfortable position—sitting or standing—and gently press your feet into the floor. Imagine roots growing from your feet deep into the earth, anchoring and supporting you. Take a few slow breaths, noticing the rise and fall of your chest and belly. Allow your body to release tension with each exhale.

Next, bring awareness to your senses. Notice what you can see, hear, and feel around you. Feel the weight of your body on the chair or floor, the temperature of the air on your skin, and the rhythm of your breath. This sensory check-in immediately pulls your mind away from racing thoughts and back into the present. You can also set a small intention for this moment or the next segment of your day, anchoring your focus and energy.



Finally, make grounding a flexible practice. You don't need long sessions—just 1-2 minutes can reset your nervous system. Repeat these steps whenever you feel anxious, scattered, or stressed. With regular practice, your body learns to return to calm more quickly, helping you respond to life from a centered, clear place rather than reaction.

HOW TO USE GROUNDING DAILY

Practical Steps:

Grounding doesn't have to take long to be effective. Integrate it into your daily routine in small, intentional ways to calm your nervous system and stay centered:

- **Morning Reset:** Start your day with 1-2 minutes of grounding to set your energy and intention.
- **Before Work or Study:** Ground for a moment to focus your mind and reduce distractions.
- **During Stressful Moments:** Pause, press your feet into the floor, take deep breaths, and notice your senses.
- **Micro-Grounding:** While waiting in line, commuting, or on a quick break, check in with your body and breath.
- **Evening Calm:** Use grounding before bed to release tension and help your nervous system relax for sleep.
- **Use Reminders:** Sticky notes, phone alarms, or small visual cues can prompt you to pause and ground throughout the day.

Tip: Even a few seconds of awareness is enough to shift your nervous system and bring clarity, calm, and focus.



Part 2

MOVEMENT CHECKLIST

A simple sequence to release stress, unlock energy, and bring your nervous system back into balance. Use this checklist as a daily regulation tool not just a task.

STEP 1 — WAKE UP THE BODY (1 MINUTE)

ACTION PLAN

- Gently shake your hands, then your arms
- Shake out your legs and feet
- Let your shoulders bounce lightly
- Softly jiggle your whole body until it feels loose

STEP 2 — OPEN THE CHEST + BREATH PATHWAYS (30 SECONDS)

ACTION PLAN

- Roll shoulders forward and back, up and down
- Lift the chest and open the collarbones, arms out wide
- Take a long inhale through the nose, slow exhale through mouth
- Stretch arms wide like you're expanding your whole aura

STEP 3 — RESET THE EYES + NERVOUS SYSTEM (30 SECONDS)

ACTION PLAN

- Gaze far into the distance for 5-10 seconds
- Then bring gaze back to something close
- Blink slowly
- Let your eyes soften — this signals "safety" to your brain

MOVEMENT CHECKLIST P2

A simple sequence to release stress, unlock energy, and bring your nervous system back into balance. Use this checklist as a daily regulation tool not just a task.

STEP 4 — MOVE THE BIG MUSCLES (1 MINUTE) CHOOSE 1 -3

ACTION PLAN

- March in place
- Sway side to side
- Do 5-10 gentle squats
- Step outside and walk for one minute

STEP 5 — RECONNECT TO BREATH (20 SECONDS)

ACTION PLAN

- Inhale for 4 Exhale for 6 Feel the whole body soften
- Close one nostril, breathe in left and out left, close right breathe in and out right side. 5x
- Breathe into lungs expanding the chest. Breathe into belly 3x

STEP 6 — CLOSE WITH INTENTION (10 SECONDS)

ACTION PLAN

- Place one hand on your heart or belly breathe in/out 3x
- Say quietly: "I am returning to myself."
- Say quietly: "I am here, I am safe, I am expanding."
- Say quietly: "Thank you for the peace, calm and expansion."

Part 3

SPACE RESET CARD

How to Use Your Space Reset Card

Keep this card where you can see it. When your mind feels cluttered or your energy feels off, pause and follow the steps. You're not cleaning – you're creating a quick shift in your environment so your nervous system can settle. Use it before work, between tasks, or anytime you need a fresh moment. This simple ritual helps your space support you.

1 — OPEN THE ROOM: CREATE MORE NATURE AND CALM

ACTION PLAN

- Open a window or door for 30-60 seconds
- Let fresh air into your space
- Allow light in (natural if possible)
- Throw back the curtains and let in the sun

2 — CLEAR VISUAL NOISE: CREATE MORE SPACE

ACTION PLAN

- Remove 3 items from your desk or table not in use
- Put away anything "active" (papers, chargers, cups)
- Return surfaces to neutral and open (close cupboards etc)
- Organize papers into neat piles and only work on one thing

3 — CREATE ONE POINT OF CALM - CHOOSE ONE

ACTION PLAN

- Light a candle
- Place a plant or crystal
- Add a small object that signals "focus"
- Set a glass of water nearby

SPACE RESET

CARD P2

4 — RESET THE ENERGY FIELD

ACTION PLAN

- Wipe the desk with a cloth (quick, mindful)
- Shake out a blanket or cushion
- Sweep your hands over the space to signal a transition

5 — ANCHOR YOUR INTENTION

ACTION PLAN

- Close your eyes for 5 seconds and say:
- "My space supports my nervous system."
- Set intention for the next 30-45 minutes.
Example: "I intend to stay focused on the task at hand."



Bonus

ASSESSMENT

Take this short assessment to see where you stand currently with your physical and emotional self. Then 1 week after your nervous system daily practice and again after 30 days. Notice how much changes in this short time! Document your results to boost your confidence, manage stress and create more space in your life.

How will you rate the following

PHYSICAL

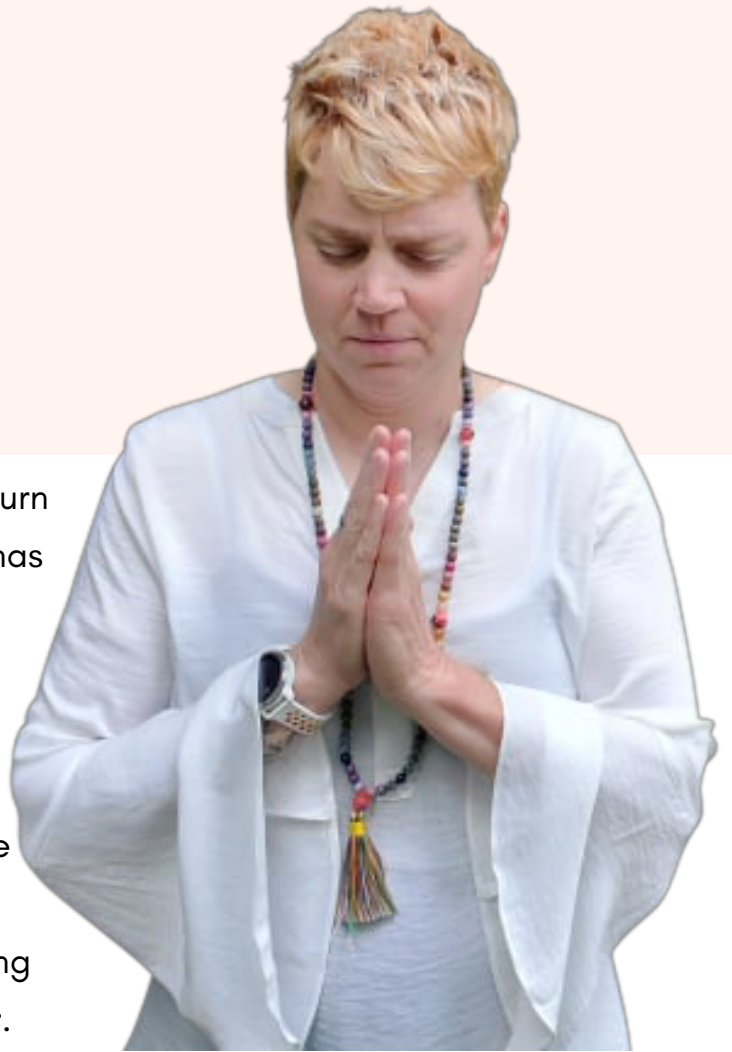
	Never	Rarely	Sometimes	Always
I feel good about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I exercise to keep my body healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get 7-8 hours of sleep every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I include nutritious food in my diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I spend time in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following

EMOTIONAL

	Never	Rarely	Sometimes	Always
I can manage my feelings properly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to cope when stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a positive outlook and energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I manage my emotional state easily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

About THE AUTHOR



Jen is a guide for women who are ready to return to themselves. For over twenty-five years she has studied meditation, the chakra system, manifesting, energy work, human behavior, energy healing and the deeper patterns that shape who we become.

Her own journey inward began long before she ever taught it—through seasons of burnout, awakening, dismantling old stories, and learning how to live from a grounded, regulated center.

Her work is rooted in lived experience. She understands what it feels like to carry too much, to stay in survival mode for far too long, and to crave a softer, safer way of being. Every tool she teaches is something she has used to rebuild her own energy, intuition, and sense of inner freedom.

Jen is also the creator and host of the Phoenix Rising podcast, where she shares teachings, insights, and embodied practices that help women shed old patterns and rise into a more powerful version of themselves. Her voice is calm, direct, and deeply supportive—an anchor for anyone seeking clarity and self-connection.

Her mission is simple: help women feel safe inside their bodies, trust themselves again, and live lives powered by truth, intuition, and spaciousness. Through programs, tools, and teachings like this Nervous System Reset, Jen offers pathways to return home to your deepest self.

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