

Your

NERVOUS SYSTEM RESET GUIDEBOOK

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



By Jen Mac

Part 1

WHAT IS GROUNDING?

CALM, CONNECT AND CENTER



GROUNDING IS...

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

RELEASE, RESET, RESTORE



MOVING THE BODY

What Movement Is and Why It Matters:

Movement is one of the fastest ways to help your body process stress and return to a state of balance. When emotions, tension, and overwhelm build up, they don't just live in your mind—they become stored in your body. Gentle movement helps release that stored energy, improve circulation, increase mental clarity, and signal safety to your nervous system.

Inside this section, you'll discover simple practices that help you shift stagnant energy, reduce stress, boost your mood, and reconnect with yourself. Whether it's stretching, walking, shaking, dancing, or mindful movement, these tools help you move from feeling stuck and depleted to feeling grounded, energized, and present.

A few intentional minutes of movement can completely change how you feel.



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

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

ACTION PLAN

- March in place, you can also bring knees up
- Do large arm circles 10 clockwise/10 counter clockwise
- 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

CREATE SPACE

BREATHE, UNWIND, RENEW



CREATING SPACE

What Creating Space Is and Why It Matters:

Your nervous system needs more than movement—it needs room to recover. In today's world, it's easy to move from task to task, conversation to conversation, and responsibility to responsibility without ever creating space to simply be. Over time, this constant stimulation—both mental input and environmental/spatial clutter—can leave your body feeling tense, overwhelmed, and stuck in survival mode.

Creating space allows your mind to slow down, your body to relax, and your nervous system to reset. It gives you an opportunity to step away from the noise, clear what's surrounding you physically, and reconnect with yourself so you can hear what you truly need.

Inside this section, you'll explore simple ways to create moments of calm throughout your day through rest, stillness, reflection, nature, mindfulness, and intentional pauses. You'll also learn how to clear both mental overload and physical clutter in your environment so your system has room to breathe again. These practices help restore emotional balance, reduce overwhelm, and cultivate a deeper sense of ease, presence, and clarity. Sometimes the most powerful thing you can do is create enough space for your body, mind, and environment to catch up with your life.



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, stare out into the yard
- Let fresh air into your space, breathe deeply
- Creating one intentional "clear zone" for calm and focus
- 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 you don't 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 1 OR 2

ACTION PLAN

- Light a candle
- Place a plant or crystal near your area of work
- Add a small object that signals "focus", clock, plant, picture
- Set a glass of water nearby

SPACE RESET CARD

4 — RESET YOUR ENERGY FIELD

ACTION PLAN

- Wipe the desk with a cloth (quick and mindful)
- Shake out a blanket or cushion, dust one piece of furniture
- Sweep your hands over the space to signal a transition
- Remove items that feel visually “heavy” or distracting

5 — ANCHOR YOUR INTENTION - BREATHE

ACTION PLAN

- Close your eyes for 5 seconds and say: “I am fully supported.”
- Slowing your breath when activated
- Set intention for the next 30-45 minutes.
Ex: “I intend to stay focused on one task at a time.”



Bonus

ASSESSMENT

Use this short assessment to understand where you are currently with your mental, physical, emotional, and spiritual states. Complete it honestly as a baseline, then revisit it again after 1 week of daily nervous system practice, and once more after 30 days.

As you track your answers over time, notice the shifts that begin to emerge—often subtle at first, then more obvious. This awareness helps you see your progress, strengthen your sense of confidence, reduce stress, and create more spaciousness in your daily life.

The goal isn't perfection, but visibility. When you can see change happening, you start to trust your own capacity to regulate, reset, and grow.

How will you rate the following

MENTAL

	Never	Rarely	Sometimes	Always
I feel clear on my next steps in life and business	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel clear, spacious, and focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I allow natural pauses in my day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel calm, clear and settled in life and business	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following

EMOTIONAL

	Never	Rarely	Sometimes	Always
My relationships with others are satisfying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to cope with stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a positive outlook on life and business	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can easily switch off tasks to spend time with the people I love	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Bonus

ASSESSMENT

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

SPIRITUAL

	Never	Rarely	Sometimes	Always
I am serving my greater purpose daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My business/work give me meaning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel connected to the deeper purpose behind what I'm doing?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am inspired everyday with what i do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

About

THE AUTHOR

Jen is a guide for women, and women entrepreneurs 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 as an entrepreneur 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 and working. Every tool she teaches is something she has used to rebuild her own energy, intuition, business and sense of inner freedom and calm.

Jen is also the creator and host of the Phoenix Rising Rebirth 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. She also teaches how to create calm balanced businesses that evolve as she evolves. Through programs, tools, and teachings like this Nervous System Reset, Jen offers pathways to return home to your deepest self.



Jen Mac

STAY

Connected



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