



## Module Two: Nervous System Reset – Handout

### Somatic Breathing & Mindful Reset Practices

*“Your breath is the bridge between your body and your mind.”*

Somatic breathing helps retrain the nervous system to shift from stress to calm. These simple, body-based practices restore balance, presence, and a sense of safety.

#### 1. Physiological Sigh (The Reset Button)

**What it is:** Two gentle inhales, one long exhale.

**How to do it:** Inhale halfway, then take a second, smaller inhale before slowly exhaling through the mouth.

**Benefits:** Quickly lowers stress hormones and helps the body “reset.”

**Helpful hint:** Try this anytime you feel tension rising — before a meeting, after a tough conversation, or when you need an instant calm.

#### 2. Box Breathing (The Anchor)

**What it is:** A structured breath pattern that brings steadiness.

**How to do it:** Inhale for 4 counts → Hold 4 → Exhale 4 → Hold 4.

**Benefits:** Improves focus, reduces anxiety, and grounds the mind.

**Helpful hint:** Visualize tracing the sides of a box as you breathe — it helps keep rhythm steady.

#### 3. Ocean Breath (The Soother)

**What it is:** A rhythmic, wave-like breath that mimics the ocean.

**How to do it:** Inhale through the nose, exhale with a gentle “shhhh” sound or blow softly as if through a straw.

**Benefits:** Calms the vagus nerve and releases tension through sound.

**Helpful hint:** Try it with eyes closed — imagine waves rolling in and out with each breath.

#### 4. Reset Breath (The Grounder)

**What it is:** A mindful breathing sequence for deep grounding.

**How to do it:** Inhale through the nose twice, then exhale slowly through the mouth while relaxing the shoulders.

**Benefits:** Reconnects body and mind, helping you move from anxiety to centered awareness.

**Helpful hint:** Use when transitioning between tasks or emotions — it helps your nervous system “change channels.”



## 5. Walking Meditation (The Moving Pause)

**What it is:** A gentle, mindful walk practiced with awareness of breath and movement.

**How to do it:** Walk slowly, matching each step with your breath — inhale lifting the foot, exhale placing it down.

**Benefits:** Grounds you in the present, releases restlessness, and promotes balance.

**Helpful hint:** Even 5 minutes outdoors or circling a room can refresh your energy and calm your thoughts.

## 6. Mindfulness Meditation (The Observer)

**What it is:** A practice of paying attention to the present moment with openness and curiosity.

**How to do it:** Sit comfortably, notice your breath, body sensations, and thoughts without judgment. Return your attention to the breath whenever the mind wanders.

**Benefits:** Enhances focus, emotional balance, and resilience; helps regulate mood and reduce anxiety.

**Helpful hint:** Start with 3–5 minutes a day. Use a timer or guided app to stay consistent.

## Playful Variations (For Extra Nervous System Support)

- **Humming or Singing:** Vibrations stimulate the vagus nerve and uplift mood.
- **Cold Water Splash:** Splash cool water on your face or wrists to activate a calming reflex.
- **Add Movement:** Gently sway, stretch, or tap your heart center while breathing — this keeps the practice embodied.

These practices don't just calm the nervous system — they retrain it. Each breath, step, or moment of awareness teaches your body what safety feels like again. Over time, that becomes your new baseline.

 [My Personal Notes...](#)