NERVOUS-SYSTEM RESET PLAN

DATE _____ TIME _____

Regulate first. Then decide what comes next.

1. WHAT STATE AM I IN?

- ☐ Anxious / activated
- ☐ Fight
- ☐ Flight
- ☐ Freeze
- ☐ Shut down
- ☐ Numb
- ☐ Overwhelmed

2. WHAT DO I NOTICE IN MY BODY?

- ☐ Racing heart
- ☐ Tight chest
- ☐ Shaky
- ☐ Nausea
- ☐ Tension
- ☐ Tears
- ☐ Exhausted
- ☐ Other: _____

3. WHAT HELPS ME RESET?

- ☐ Water
- ☐ Slow breaths
- ☐ Cold splash
- ☐ Walk
- ☐ Stretch
- ☐ Music
- ☐ Quiet
- ☐ Snack
- ☐ Safe person
- ☐ Fresh air

4. MY 10-MINUTE RESET PLAN

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5. MY 1-HOUR RESET PLAN

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6. MY SAFE SUPPORT / PLACE

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7. MY REMINDER TO MYSELF

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Safety first. Small resets count.

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.