



*Fit Firm
& Fabulous*

A woman's guide to easy weight loss, wellness and beauty

5-MINUTE NERVOUS SYSTEM RESET

Quick Breathing Practice to Calm Your Body & Mind



— *Free Guide* —

WELCOME

If you feel:

- Easily overwhelmed
- Constantly "on edge"
- Tired but wired
- Unable to fully relax
- Emotionally reactive

Your nervous system may be stuck in stress mode.

This isn't weakness.

It's biology.

Your nervous system controls:

- Stress response
- Emotional regulation
- Energy levels
- Sleep quality
- Craving patterns

The good news?

It can be retrained – gently and quickly.

This guide gives you a 5-minute daily reset you can use anytime your body needs to calm down.

No equipment.

No complicated routines.

No perfect environment required.

Just five minutes to come back home to yourself.

HOW THIS RESET WORKS

The nervous system responds to:

- Breathing
- Posture
- Sensory input
- Muscle release
- Attention

This reset uses all five.

Each step takes about one minute.

Use it:

- In the morning
- Before bed
- During stressful moments
- After busy days

Consistency matters more than perfection.

STEP 1

DROP THE SHOULDERS

What to Do

Sit or stand.

Slowly lift your shoulders toward your ears.

Hold for 3 seconds.

Release completely.

Repeat once.

Why It Works

Shoulder tension is a stress signal.

Releasing it tells your brain: danger has passed.

Body Cue

Notice warmth or softness in your upper body.

STEP 2

SLOW THE EXHALE

What to Do

Inhale through your nose for 4 seconds.

Exhale slowly through your mouth for 6–8 seconds.

Repeat for one minute.

Why It Works

Longer exhales activate the calming branch of your nervous system.

Body Cue

Notice your heart rate slow slightly.

STEP 3

RELAX THE JAW

What to Do

Let your teeth separate.

Massage your jaw hinge with fingertips for 30 seconds.

Why It Works

Jaw tension mirrors emotional tension.

Releasing it signals safety.

Body Cue

Notice your face soften.

STEP 4

RELAX THE JAW

What to Do

Place both feet flat on the floor.

Press them gently downward.

Feel the support beneath you.

Why It Works

Grounding reconnects your body to present safety.

Body Cue

Notice stability returning.

STEP 5

SENSORY SOOTHE

What to Do

Choose one:

- Sip warm tea
- Light a candle
- Wrap in a blanket
- Play gentle music

Why It Works

Soothing sensory input teaches your body calm states.

Body Cue

Notice a sense of comfort or settling.

USING THIS RESET DAILY

This practice:

- Lowers cortisol
- Reduces anxiety
- Improves sleep
- Regulates emotions
- Reduces cravings driven by stress

Five minutes a day creates long-term nervous system resilience.

Small resets done daily prevent burnout before it builds.

Troubleshooting

If your mind wanders – that's normal.

If you feel impatient – that's normal.

If you forget sometimes – that's normal.

Just return when you can.

Your nervous system learns through repetition.

NEXT STEP GO DEEPER

If you'd like more guided nervous system and emotional wellness tools, visit the:

Wellness & Mindset Tab

on your Fit Firm & Fabulous website

There you'll find:

- Guided calming routines
- Emotional regulation tools
- Longer nervous system resets
- Daily self-support programs

Support your body – and your mind follows.

Calm is not something you chase.

It's something your body remembers.

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