


Nervous System Reset Guide

Tune Your Nervous System

A simple collection of grounding practices you can use anytime — backed by neuroscience, designed for real life.



Your nervous system is always listening. These quick, accessible tools help you shift from stress mode into calm, regulated presence. Choose one or two per day — consistency creates resilience.

Physiological Sigh (30 seconds)

Inhale as much air as you comfortably can. When you reach your limit, take one quick 'sip' of air, then release a slow, long exhale.

→ Reduces stress & resets CO₂ levels. Effective short technique for challenging situations.

4-7-8 Breath Technique

Inhale for 4 seconds, hold for 7 seconds and exhale for 8 seconds. Practice 5 cycles.

→ Activates the parasympathetic system. Calming and relaxing.

Vagus Nerve Splash

Cold water on the face for 10–15 seconds.

→ Quick shift into calm.

Grounding Touch

Place a hand on your heart or belly.

→ Signals safety to your brain.

Humming or Singing

Humming or singing activates the vagus nerve. Or if you're familiar with yogic (Ujjayi) breath.

Additional Protocols



- **Morning Light Exposure**

10 minutes outdoors sets your circadian rhythm.

- **Gentle Movement (5–10 min)**

Incorporate movement snacks throughout the day — gentle stretching, walking, or mindful mobility.

- **Mindful moments**

Pause to ground yourself and take a few slow breaths.

- **Connect To Nature**

Take a walk without your phone and notice the elements of nature around you. Touch the earth, the trees, the flowers, it's very grounding.

- **Evening Wind-Down**

Dim lights, stretch, extend exhale.



Integrative health coaching blending longevity, nervous system science, and the artistry of mind-body harmony.

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