

FSWBC SYMPOSIUM 2026

THE 7-DAY
**Somatic Nervous
System Reset**



A gentle reset for when you're exhausted,
overwhelmed, and need a pause.



Grounded: 7-Day Nervous System Reset

You're Not Falling Apart. You're Just Running on Empty.

The constant tension, the short fuse, the feeling like you can't quite catch your breath. These aren't character flaws. They're signs your nervous system has been stuck in overdrive for too long.

You don't need a complete life overhaul or hours of free time. You need simple, gentle moments that teach your body it's safe to rest, even when life feels chaotic.

That's what Grounded gives you.

7 days. One practice per day. 5 minutes max.

What Is Your Nervous System (and Why Does It Matter)?

Your nervous system is like your body's internal alarm system. It's constantly scanning for safety or danger. When it's been on high alert for too long, you feel anxious, reactive, exhausted, or shut down.

The good news? You can teach your body to feel safe again. Not through willpower or positive thinking, but through small, body-based practices that speak directly to your nervous system.

What to Expect This Week

Each day, you'll get:

- A simple practice (5 minutes)
- A short lesson
- A reflection prompt to help you notice what's changing

There's no wrong way to do this. If you miss a day, just pick up where you left off. If a practice doesn't resonate, skip it. This is an invitation, not a requirement.

Creating Your Space

Before you begin, consider creating a simple ritual:

- Light a candle
- Put your phone on airplane mode
- Find a quiet corner
- Wrap yourself in a soft blanket

Even the smallest signal tells your body: this is time for you.



IMPORTANT NOTE

This guide supports everyday stress regulation and general well-being. It is not a substitute for medical or mental health care. If you are experiencing ongoing or severe mental health concerns, please seek support from a qualified professional.

DAY 1

Arriving In The Body



Today's Practice

BODY CHECK-IN (SCAN)

Sit or lie comfortably. Close your eyes. Slowly notice each part of your body:

Lower Body

Notice your toes,
feet, legs, hips

Middle Body

Notice your belly,
chest, arms, hands

Upper Body

Notice your shoulders,
neck, face, head

Don't try to change anything. Just notice what's there.
Tension, ease, warmth, coolness, nothing at all. It's all okay.

WHY THIS HELPS

Most of us live from the neck up, completely disconnected from what's happening below.

Your thoughts are spinning, but your body is holding everything you haven't had time to feel.
Today is about arriving. Not fixing, not changing. Just noticing what's actually here.

When you bring attention to your body without judgment, you rebuild the connection
between your mind and body. That's where regulation begins.



Integration Tip

Check in with your body at random moments today. Red lights, bathroom breaks, before meals. Just one breath of awareness.



Daily Reflection

What sensations am I noticing without judgment?

Breath As An Anchor



Today's Practice

EXTENDED EXHALE BREATHING

Sit or lie comfortably and breathe in this pattern:

Inhale

slowly through the
nose (4 counts)

Exhale

slowly through your
mouth (6-8 counts)

Repeat

(1-5 minutes)

If 6 feels like too much, do 5. The point is to make your exhale longer than your inhale. You can place one hand on your belly if that helps you stay focused.

WHY THIS HELPS

Your breath is the fastest way to communicate with your nervous system. When you're stressed, your breath gets shallow and quick. When you're calm, it's slow and deep.

Here's the magic: you can use your breath to shift your state. A longer exhale tells your body it's safe. It's like pressing a gentle brake on your stress response.

You don't need to breathe perfectly. You just need to breathe intentionally.



Integration Tip

Use this breath anytime you notice tension rising. Waiting in line, before a hard conversation, when you feel your shoulders creeping up.



Daily Reflection

How does my breath change when I soften?

Grounding Through The Senses



Today's Practice

5-4-3-2-1 TECHNIQUE

Find a comfortable spot and slowly notice:

5 things
you can
SEE

4 things
you can
TOUCH

3 things
you can
HEAR

2 things
you can
SMELL

1 thing
you can
TASTE

Take your time with each one. Let your senses anchor you in this moment.

WHY THIS HELPS

When you're anxious or overwhelmed, your mind is usually racing into the past or future. Your body is here, but your thoughts are somewhere else entirely.

Grounding brings you back to right now. And right now, in this moment, you're safe.

Using your senses is one of the simplest ways to ground. It pulls you out of your head and into your immediate environment.



Integration Tip

When you feel scattered or panicked, do a quick version: name 3 things you see, 2 things you hear, 1 thing you can touch.



Daily Reflection

What feels soothing to my senses today?

Emotional Safety



Today's Practice

NAME IT & SOOTHE IT

Sit quietly. Place your hands on your body:

Ground Yourself

Hand on heart, hand on belly. Take slow breaths.

Name It

Ask: What am I feeling right now?
Name it simply.

Soothe It

Say: "It's okay to feel this way." Stay here 5 minutes.

You don't have to fix it. You just have to let it be seen.

WHY THIS HELPS

Emotions aren't problems to solve. They're information from your body about what you need.

When you've been running on empty, you might have learned to push feelings down, ignore them, or power through. But emotions that don't get acknowledged don't disappear. They get stored.

Today is about creating space for what's actually here.



Integration Tip

Practice naming emotions throughout your day without trying to change them. "I notice I'm feeling frustrated." That's it. Just noticing.



Daily Reflection

What emotion is asking to be seen today?

Movement for Regulation



Today's Practice

INTUITIVE MOVEMENT

Stand or sit. Close your eyes if that feels okay:

Start Moving

Roll shoulders, sway hips, shake arms

Notice & Respond

Notice tight areas and move them gently

Do What Feels Good

Stretch if you want to stretch. Shake if you want to shake

There's no right way to do this. Move for 5 minutes. Let your body lead.

WHY THIS HELPS

Stress doesn't just live in your mind. It gets stored in your muscles, your jaw, your shoulders, your hips. Sometimes your body needs to move to let go of what it's been holding.

Gentle movement isn't about exercise or burning calories. It's about giving your body permission to release tension and express what words can't.



Integration Tip

Set a timer for 2 minutes at lunch and just move. Stretch, shake, sway. Let your body do what it needs.



Daily Reflection

What does my body want to express?

Co-Regulation & Connection



Today's Practice

SAFE CONNECTION

Choose one and be fully present for 5 minutes:

**Connect with a
Person or Animal**

Call someone you trust or sit with a pet

**Connect with
Nature**

Go outside and pay attention to your surroundings

**Connect with
Yourself**

Look at yourself in the mirror with soft eyes

No phone. No multitasking. Just connection.

WHY THIS HELPS

Your nervous system doesn't just regulate alone. It's wired to calm down in the presence of safe others. This is called co-regulation.

Connection isn't a luxury. It's one of the most powerful regulation tools you have. When you feel truly seen, heard, or simply present with someone (or something) safe, your body naturally softens.

You don't need hours of deep conversation. Even 5 minutes of gentle connection counts.



Integration Tip

Notice who and what helps you feel calm. Seek out more of that, even in small doses.



Daily Reflection

What helps me feel safe in connection?

Integration & Self-Compassion



Today's Practice

CHOICE-BASED REGULATION

Sit comfortably and take one slow breath.

Recall This Week

Body awareness, Breath,
Grounding, Emotions,
Movement, Connection

Check In

Ask yourself: "What does
my nervous system
need right now?"

Choose & Practice

Choose one practice
that feels supportive. Do
it for 3-5 minutes

There's no wrong choice. The practice that feels most accessible is the right one.

WHY THIS HELPS

Integration happens when your nervous system learns: "I can notice how I'm feeling." "I have tools that work." "I can choose what helps."

When you practice choosing what you need, you build confidence in your ability to calm yourself down.

This isn't about doing it perfectly. It's about learning to trust yourself. That's what makes regulation stick long-term.



Integration Tip

When you feel overwhelmed,
ask: "What would help my
nervous system right now?"
Then choose the smallest
possible support.



Daily Reflection

Which practice did I choose today, and why?

Congratulations

YOU SHOWED UP. THAT'S EVERYTHING.

This week, you took time for yourself. In a world that constantly demands more, you chose to slow down and listen to what your body needed. That's not small. That's huge.

Nervous system work isn't a one-week fix. It's a practice you return to again and again, building your capacity over time.

WHAT YOU MIGHT HAVE NOTICED

Maybe you slept better. Maybe you snapped less at the people you love. Maybe you caught yourself taking a deep breath before reacting. Maybe nothing feels different yet.

All of it's okay. Your nervous system is learning, even when you can't see the shifts yet.

What You've Learned

You now have tools you can use anytime:

- Checking in with your body
- Using your breath to calm down
- Grounding through your senses
- Making space for your emotions
- Moving to release tension
- Connecting with safe people or places
- Choosing what you need in the moment



These aren't just exercises.

They're ways of taking care of yourself that work with your body, not against it.

Moving Forward

- 1 Choose one practice to keep doing.**
Just one. Make it part of your day. That's how change happens. Not through doing everything perfectly, but through small, consistent moments of care.
- 2 You don't have to do this alone.**
If you'd like more support, I'd love to work with you. [Include your offer here: discovery call, group program, 1:1 coaching, email list, etc.]

Your nervous system has been working overtime to keep you safe. Now you're learning how to help it calm down. Keep going. You're building something real.

Need extra support?

I understand what it feels like when your nervous system is activated, dysregulated, or simply needing recalibration. With my guidance, I hold a safe, non-judgmental space for you to explore and process whatever arises in your body, mind, and emotions. Through gentle somatic techniques, grounding practices, and personalized support, I help you reconnect with your inner calm, clarity, and resilience.



**Let's
Connect!**

This complements my other offerings:

- Online courses and resources for self-paced growth
- Online and in-person Somatic Chakra Alchemy Sessions
- 1:1 Somatic Yoga Practices
- Intuitive card readings for guidance and insight
- Women's circles and retreats for embodied connection and transformation



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**LET'S RESPOND AND
REGULATE TOGETHER.**