

The Nervous System Reset: A 5-Minute Daily Practice

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Your nervous system is designed to help you adapt to life — but when stress becomes ongoing, the body forgets how to switch off. This gentle 5-minute daily reset helps your system remember what calm feels like. You can do it morning or evening, in bed or before starting your day.

■ Step 1: Arrive in Your Body (1 minute)

Sit or lie down somewhere comfortable. Let your attention move from your thoughts into your body. Notice the contact points — your feet on the floor, your back against the chair, your hands resting. Breathe softly, without changing anything. Simply acknowledge:

“I’m here. I’m safe enough to arrive.”

■■ Step 2: Lengthen the Exhale (1 minute)

Inhale slowly through your nose for a count of 4. Exhale gently through your mouth for a count of 6 or 7. Feel your body soften with each exhale — especially around the shoulders, jaw, and belly. Longer exhalations activate the vagus nerve, signalling to your body that it’s safe to relax.

■ Step 3: Hand-to-Heart Connection (1 minute)

Place one hand on your heart and one on your belly. Feel the warmth of your hands and the natural rhythm of your breath. If you notice emotions, don’t push them away — just breathe with them. You might quietly repeat:

“My body knows how to find balance again.”

■ Step 4: Orient to Calm (1 minute)

Gently look around your space. Let your eyes land on something that feels pleasant or neutral — light on a wall, a colour, a tree outside. Notice the smallest signs of ease: a deeper breath, a softer face, a sense of warmth or release.

■ Step 5: Close with Gratitude (1 minute)

Bring one or both hands to your heart again. Thank your body for showing up — even when tired or tense. You might finish by saying:

“I am learning what calm feels like.”

■ Gentle Reminder

Your nervous system learns through repetition, not perfection. Even one round of this reset begins to rewire your stress response over time. Five mindful minutes a day can shift your whole state of being.

If you'd like to learn more somatic practices or deepen this work through therapy, you're welcome to connect with me.

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