

10 minute Nervous System Reset



*An evidence informed yoga
therapy practice to support you*

BY FAY DWYER C-IAYT



Introduction

This nervous system reset is designed to work from the bottom up.

Beginning with grounding and physical safety,

Then gradually moving to support breath, core stability, emotional processing, and finally mental clarity.

The body can often regulate well when moving in sequence — from stability to connection to awareness.

This 10-Minute Reset is designed specifically for people who want a practical way to pause, reset, and reconnect with their natural resilience—so you can move through your day with greater clarity, calm, and energy.

About Me



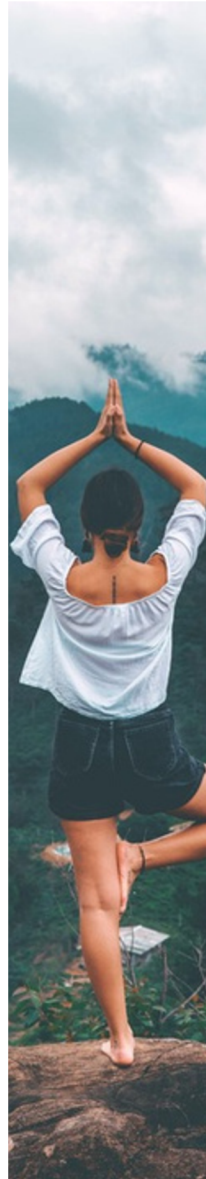
I'm a C-IAYT certified yoga therapist supporting individuals and couples navigating stress, anxiety, and significant life transitions. I have a particular passion for working with women experiencing the challenges of perimenopause and menopause.

My approach is grounded in nervous system regulation and evidence-informed practice, integrating therapeutic movement, breathwork, and embodied awareness to support meaningful, sustainable change. Together, we work toward greater steadiness, clarity, and resilience — not by pushing through, but by restoring balance from within.

Fay

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01

Grounding & Feeling Support

- Sit with both feet on the floor or lie down comfortably, maybe bending your knees with feet flat.
- Notice which parts of your body touch the ground beneath you. Pay attention to the sensation you are feeling in your body when you notice this support.
- Gently press your feet (or hips) down for 5 seconds.
- Release.
- Repeat 3 times.

Say to yourself, “In am here, I am safe.”



Why: regulation begins with feeling supported & feeling safe.

2 minutes

02

Slow the Exhale

- Place one hand on your lower ribs.
- Inhale through your nose for 4 counts.
- Exhale slowly through your nose for 6 counts.

If this is too strained just keep your inhale easy, not too forced, and make your exhale a little longer.

After a few rounds of breathing, bring your attention to your jaw, let your jaw soften

Benefit: Gentle breathwork helps regulate internal pressure and rhythm, creating a sense of steadiness from within. Longer exhales signal safety to the nervous system.





Belly Breathing

03

- Put both hands on your belly
- On your inhale your belly swells and you can feel it gently pushing against your hands
- On your exhale, gently draw your lower belly inward away from your hands
- Repeat 6–8 times.

Why: Subtle engagement helps your body feel contained rather than scattered. This stage supports your ability to process stress rather than hold it. Small, contained movements restore a sense of agency.

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2 minutes

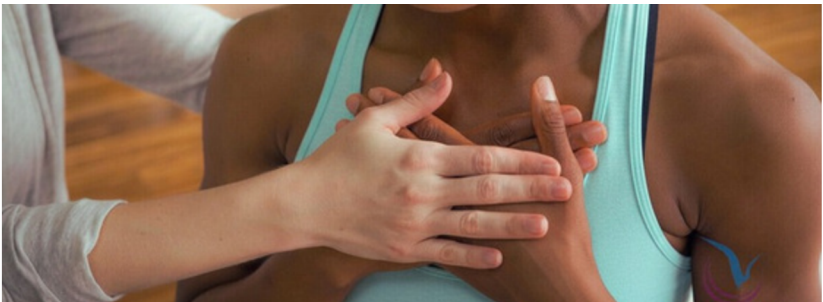
04

Open your Chest

- Place one hand over your chest.
- Breathe into the sides and back ribs., keep it smooth not too forced.
- Exhale
- Let your shoulders drop, let your body relax and be calm on the exhale.

Notice the feeling of space as you open your chest with the inhale and the feeling of relaxation on the exhale.

Nothing should feel forced,



Note: Softening the chest reduces stress, improves your posture and supports calm.

2 minutes

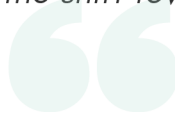
05

Add Sound



- Inhale comfortably.
- Exhale with a soft hum sound, maybe even sing “HUM”
- Repeat 5 times.

The vibration supports your vagal tone and deepens the shift toward rest and recovery.



06

Orient & Complete



- Slowly look around.

Take your time and name

- 3 things you see
- 2 sounds you hear
- 1 place in your body that feels steady

Pause and notice how you feel in this moment. When you feel complete, time to return to your day. Hopefully feeling a little less anxious and a little more calm and settled.

We close by being in the present moment – being here now – allowing the brain to register safety and completion.



1 minute

Conclusion & Next Steps

This is not about eliminating stress.

It's about helping your nervous system remember how to settle.

Taking ten minutes each day to pause, breathe, and move with intention can become a powerful way to support your nervous system and reconnect with your inner steadiness.

Let this short practice be a reminder that you don't have to push through exhaustion or stress alone. Small, consistent moments of nervous system care can make a meaningful difference in how you feel throughout your day.

You can return to this practice anytime you feel wired, overwhelmed, or unable to rest.

Your nervous system will remember the way back to balance.

If you'd like deeper support, personalized yoga therapy sessions can help you create practices tailored to your nervous system, lifestyle, and stage of life.