

Reset your Nervous System

in 10 minutes



A gentle, science-informed yoga therapy practice to calm anxiety, improve sleep, improve menopause symptoms and restore balance in just 10 minutes a day

BY FAY DWYER C-IAYT



Introduction

Your autonomic nervous system (ANS) has two dominant branches:

The Sympathetic Nervous System (SNS)

This prepares the body for action or stress responses

Fight or Flight

The Parasympathetic Nervous System (PNS)

This helps you rest, digest, and recover

Rest and Digest

A well-regulated nervous system smoothly transitions between these states as needed. When stress levels become chronic your SNS dominates, leaving you in a constant state of fight or flight. Leading to anxiety, hypervigilance, hormonal disruption, and being even less resilient to stressors. Yoga therapy – through movement, breath, and mindfulness practices – promotes parasympathetic activation. This means less time in fight or flight and more in rest and digest. And will improve autonomic balance.

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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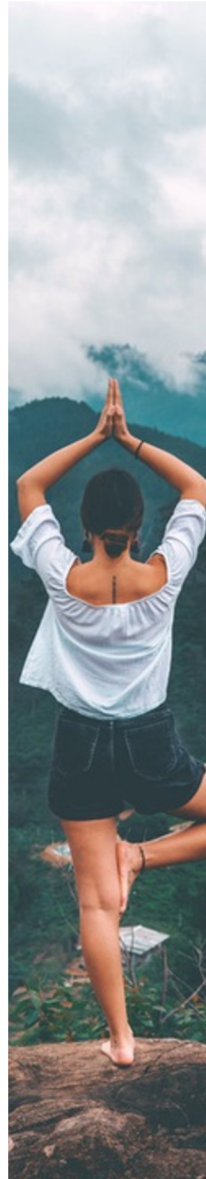
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01 Breath Regulation

Try 5–6 slow breaths per minute, counting the exhale slightly longer than the inhale.

If you can breathe through your nose that is the preferred way in yoga. Try sit comfortably and lift your chest slightly to lengthen your spine. Sit with a soft presence, try not to feel strained. Alternatively recline slightly with props and pillows to support you (as shown in the image).

- Inhale through your nose for a count of 4
- Exhale through your nose for a count of 6

After each exhale pause ever so briefly and say to yourself “here”.

If the count feels strained breath in a way that feels natural to you, see if you can make the exhale slightly longer than the inhale.



Breath work (pranayama) is one of the best ways to influence the nervous system. Slow, diaphragmatic breathing; especially with a longer exhale than inhale; stimulates the vagus nerve. The vagus nerve is like your body’s calming pathway, helping slow your heart, steady your breathing, and shift you into “rest and relax ” mode.

02

Gentle Poses



Poses that emphasize supported stretching, lengthening of the spine, and activation of the diaphragm encourage physical ease reduce stress. Here are some examples in a good order to make a mini sequence

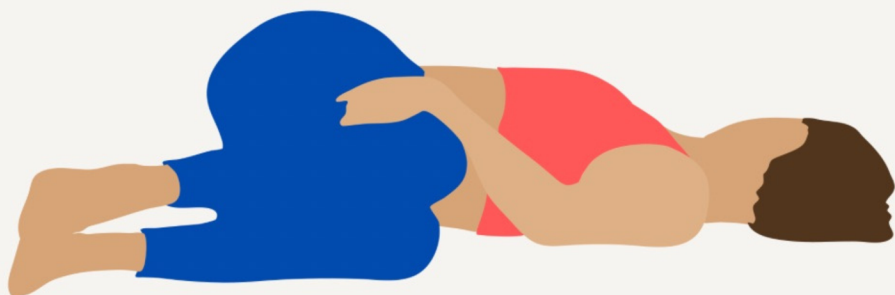
- Supine Twist
- Supported Bridge Pose
- Childs Pose
- Legs up the Wall

NB I would always recommend a child's pose or plank after a supported bridge to re-set the spine after a back bend.

Benefit: Poses that emphasize supported stretching, lengthening of the spine, and activation of the diaphragm encourage physical ease reduce stress.

Supine Twist

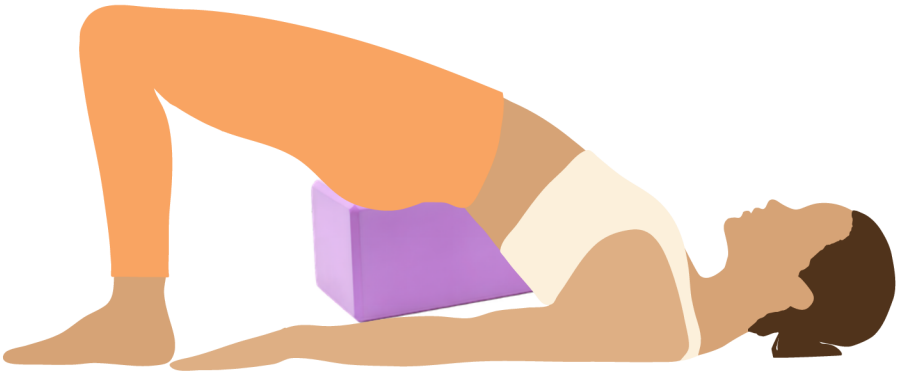
Lie on your back, feet flat on the floor, knees bent and windscreen wiper your knees from side to side. Let them drop to the left and turn your head to the right. Hold for 10 breaths, repeat on the other side.



If your legs don't comfortably land on the floor prop them on a pillow, or put a pillow between your knees.

Supported Bridge

Lie on your back with your knees bent and feet flat on the floor, hip-width apart. Press gently into your feet and lift your hips just enough to slide a block or firm pillow under your sacrum (the flat part of your low back). Let your hips rest fully on the support.



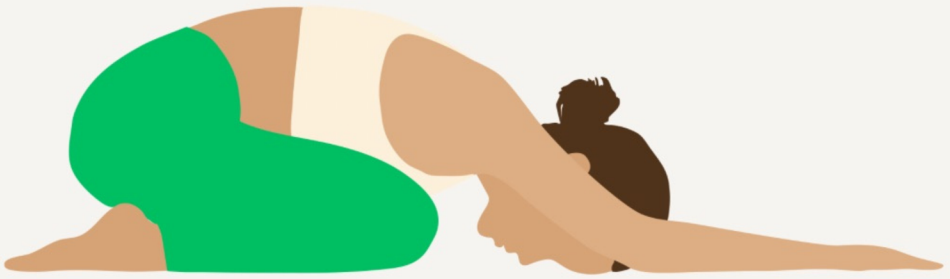
Allow your arms to relax by your sides. Soften your jaw and breathe slowly.

Hold for 8-10 breaths.

If it feels uncomfortable in your low back, lower the height of the support or remove it.

Childs Pose

Kneel down and open your knees. Let your chest and maybe forehead rest on the floor. Stretch your arms in front or let them hang loose. If this is too much of a stretch use a pillow under your torso and rest your forehead on a yoga block or another pillow.



Rest here for as long as you need to. Take deep inhales and feel your back expand.

Legs up the wall

Sit sideways against the wall, lie down and swing your legs up. Rest for 10 or more breaths. You can put a blanket under your head and even bind your thighs together.



If this is too much, for your back or legs lay in savasana or rest pose which is just laying flat on your back



Mindfulness & Meditation

03

Mindful awareness – tuning into your breath, body sensations, and thoughts without judgment strengthens the neural circuits involved in self-regulation and emotional balance. Over time, this enhances resilience to stress and reduces reactive nervous system patterns.

Try at Bedtime

Here is a practice to try in bed before sleeping

1. Land.

Feel the weight of your body against the bed.

Notice where in your body feels supported.

You don't have to hold yourself up anymore.

2. Soften the breath.

Inhale slowly through your nose.

Exhale a little longer than you inhaled.

Let the exhale be a soft release.

3. Scan and settle.

Bring your attention to your forehead. Soften it.

Unclench your jaw.

Let your shoulders drop.

Soften your belly.

Feel your legs heavy.

4. Widen your awareness. Notice the room.

Notice the quiet.

You are safe.

If thoughts come, don't push away, don't cling to, just gently return to your breath.

With each exhale settle a little deeper.

You are allowing your body to feel safe, find rest.



04

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.

05

Closure



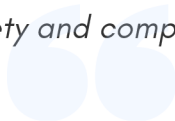
- Slowly look around.

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.*



A Simple Daily Routine

Putting it all together into a simple routine

- 2 min relaxed breathing — smooth inhales and longer exhales
- 1 min gentle seated stretch — easy neck and shoulder rolls and stretches
- 3 min supported floor posture — try 1 or 2 poses to start, gradually add as and when you have time
- 2 min mindful breathing — notice sensations, allow softening try sound and see how that feels
- 1 min closure

Short, consistent practices like this help train your Nervous System shift out of chronic fight or flight and toward rest and digest.

Regulating your nervous system isn't just about feeling calm in the moment — it's about building neurophysiological resilience that can support better emotion regulation, improved sleep, and a healthier stress response throughout life.

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.