

The Founder's Nervous System Reset

7 science-backed exercises to regulate your baseline in 5 minutes or less.

The same techniques Shannon Myers, MS, SEP teaches high-performing leaders in the first session of her work.

Nervous System Reset Toolkit
9 somatic exercises: mechanism, method, and when to use each

● Breathing ● Body-based ● Cognitive / orienting ● Grounding / reset

 Physiological Sigh HOW Two quick inhales through the nose, then one long, slow exhale through the mouth. WHY IT WORKS Rapidly offloads CO ₂ and drops sympathetic arousal faster than normal breathing. WHEN Acute spikes: crossings, queues, mid-argument. Duration: 10-30 seconds	 Extended Exhale (4 in, 8 out) HOW Inhale through the nose for 4 counts, exhale slowly through the mouth for 8. WHY IT WORKS A longer exhale than inhale shifts the vagus nerve toward parasympathetic dominance. WHEN Scheduled morning and night, the daily anchor habit. Duration: 2-5 minutes	 Morning Body Scan HOW Scan the body head to toe, pausing to notice where tension is sitting. WHY IT WORKS Catches tension before the day's stressors stack on top of an already-tense baseline. WHEN Every morning, before the day's inputs begin. Duration: 3-5 minutes
 Situational Humming HOW Hum audibly on an exhale, feeling the vibration in your throat and chest. WHY IT WORKS The vibration stimulates the vagus nerve via its laryngeal branch directly. WHEN Anytime breathing alone isn't enough, commutes and queues. Duration: 30 sec - 1 minute	 Cold Water Reset HOW Splash cold water on the face, or hold wrists under cold water briefly. WHY IT WORKS Triggers the mammalian dive reflex, dropping heart rate and arousal fast. WHEN Sharp spikes, post-argument, before a hard conversation. Duration: 30 seconds	 Progressive Muscle Relaxation HOW Tense each muscle group hard for a few seconds, then release, moving through the body. WHY IT WORKS Rebuilds the felt difference between held tension and true release, which chronic bracing erodes. WHEN Night, especially for the shoulder and neck stiffness. Duration: 5-10 minutes
 Butterfly Hug (bilateral tapping) HOW Cross arms over chest, tap alternating left and right on the upper arms. WHY IT WORKS Bilateral stimulation is thought to support nervous system down-regulation. WHEN Racing thoughts, especially during attempted naps. Duration: 1-2 minutes	 Orienting Exercise HOW Slowly turn your head and look around the room, naming what you see. WHY IT WORKS Signals to the nervous system that the environment is safe, halting threat rehearsal. WHEN The moment you catch yourself replaying worst-case scenarios. Duration: 30-60 seconds	 Feet-on-Floor Grounding HOW Press both feet firmly into the ground, hold, and notice the sensation. WHY IT WORKS Gives the body a physical anchor point, interrupting the vigilance loop. WHEN Queues, transit, any stuck waiting moment with rising alertness. Duration: 30 seconds

Anchor habit: extended exhale, morning and night. Reach for the others as the moment calls for them.
Reference card, not a substitute for medical or psychiatric care

01

The Physiological Sigh

HOW TO DO IT

Two quick inhales through the nose, followed by a long exhale through the mouth. Repeat 3-5 times.

When to use: Acute anxiety, before a difficult conversation, when you feel overwhelmed. This is the fastest known way to activate the parasympathetic nervous system.

02

Orienting

HOW TO DO IT

Slowly look around your environment. Let your eyes land on something pleasant - a plant, a color, a shape. Notice how your body responds. Stay for 30-60 seconds.

When to use: When you feel dissociated, panicked, or disconnected from your surroundings. This simple act signals safety to your nervous system.

03

Grounding Through the Feet

HOW TO DO IT

Stand barefoot. Feel the contact points between your feet and the floor. Notice weight, temperature, texture. Let your attention sink down. Stay for 1-2 minutes.

When to use: When you are stuck in your head, overthinking, or feeling ungrounded. This pulls you out of your head and into your body.

04

Self-Hold

HOW TO DO IT

Place one hand on your chest and one on your belly. Feel the warmth, the pressure, the rhythm of your breath. Stay for 2-3 minutes.

When to use: Morning routine, before bed, or any time you need to activate the social engagement system and signal safety.

05

Pendulation

HOW TO DO IT

Notice a neutral or pleasant sensation in your body. Then notice an area of tension. Move your attention between them slowly, spending more time on the neutral/pleasant side. Repeat 5-10 cycles.

When to use: When you are working with discomfort and need to build tolerance without becoming overwhelmed. This teaches your nervous system that it can visit discomfort and return to safety.

06

Vagal Toning Through Humming

HOW TO DO IT

Take a deep breath and hum on the exhale. Feel the vibration in your chest and throat. Repeat 5-10 times. The longer the exhale, the stronger the effect.

When to use: When you need to stimulate the vagus nerve and shift from sympathetic to parasympathetic activation. Humming directly stimulates the vagus nerve.

07

Cold Water Reset

HOW TO DO IT

Splash cold water on your face, or hold an ice cube in your hand for 30 seconds. The cold shock activates the dive reflex, which slows your heart rate and activates the parasympathetic nervous system.

When to use: During panic attacks, intense anxiety, or when you need an immediate shift in nervous system state.

ONE MORE THING

These exercises regulate a moment. A container changes the baseline.

If the pattern keeps coming back, that is not a discipline problem. It is a nervous system that has not yet learned it is safe to stand down.

Book the \$99 Clarity Call

45 minutes. You leave with a map of what is running you and one practice to start with. The fee is credited toward any program within 14 days.

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