



MINDFULNESS WELLNESS

5 MINUTE NERVOUS SYSTEM RESET

by Valerie Lundgren



mindfulwellness.me

mindfulwellness.me

WELCOME

Hi love,

If you've landed here, it means your body is craving peace—and I want you to know, you are in the right place.

Anxiety, overwhelm, and emotional burnout aren't personal flaws. They are signs that your nervous system has been doing its best to protect you—but may be stuck in survival mode. This guide was created to help you gently shift out of that state and into one of safety, connection, and calm.

In just 5 minutes a day, you can begin to rewire the patterns that keep you feeling anxious, exhausted, or disconnected. These tools aren't meant to “fix” you—because you are not broken. They're here to support your body in remembering what it already knows: how to return to regulation, balance, and ease.

Inside this guide, you'll find breathwork, grounding techniques, nutrition tips, and affirmations to begin resetting your nervous system—so you can feel more like you again.

Take a deep breath. You're safe here. Let's begin.

With love and calm,

Valerie

Certified Holistic Health Coach & Nervous System Specialist



5 MINUTE SOMATIC GROUNDING PRACTICE

RECONNECT WITH YOUR BODY. RECLAIM YOUR CALM. WHEN YOUR NERVOUS SYSTEM IS ACTIVATED—WHEN ANXIETY TAKES OVER—YOUR BODY IS DOING ITS BEST TO PROTECT YOU. GROUNDING IS A POWERFUL WAY TO SEND THE SIGNAL THAT YOU'RE SAFE, HERE, AND SUPPORTED IN THE PRESENT MOMENT.

THIS 5-MINUTE PRACTICE BRINGS YOU OUT OF THE RACING MIND AND BACK INTO THE SAFETY OF YOUR BODY.

WHAT YOU'LL NEED:

- A QUIET SPACE
- A CHAIR OR SOMEWHERE YOU CAN SIT OR STAND COMFORTABLY
- OPTIONAL: BARE FEET ON THE EARTH, SOFT MUSIC, OR A GROUNDING ESSENTIAL OIL



STEP-BY-STEP PRACTICE:

1. ORIENT TO THE ROOM (30 SECONDS)

→ SLOWLY LOOK AROUND. NAME 3 THINGS YOU SEE, 3 THINGS YOU HEAR, 3 THINGS YOU FEEL.

THIS HELPS BRING YOUR BRAIN INTO THE PRESENT MOMENT

2. FEEL YOUR FEET (60 SECONDS)

→ PLACE YOUR FEET FIRMLY ON THE GROUND.

→ IMAGINE ROOTS GROWING FROM YOUR SOLES DEEP INTO THE EARTH.

→ TAKE 3 DEEP BREATHS, SLOWLY EXHALING WITH SOUND IF IT FEELS GOOD.

(TRY: IN FOR 4, OUT FOR 6.)

3. APPLY GENTLE PRESSURE (1 MINUTE)

→ PLACE ONE HAND ON YOUR CHEST, THE OTHER ON YOUR BELLY.

→ PRESS GENTLY AND FEEL THE WARMTH OF YOUR HANDS.

→ NOTICE YOUR BREATH RISING AND FALLING. LET IT SLOW

4. SWAY OR TAP (60 SECONDS)

→ LET YOUR BODY GENTLY SWAY SIDE TO SIDE OR TAP YOUR FEET.

→ YOU CAN ALSO TAP YOUR CHEST, THIGHS, OR ARMS GENTLY (LIKE A RHYTHMIC PAT).

→ THIS HELPS DISCHARGE STUCK ENERGY AND BRINGS YOUR BODY INTO FLOW.

5. AFFIRM & ANCHOR (1 MINUTE)

→ SAY TO YOURSELF:

"I AM HERE. I AM SAFE. I AM SUPPORTED."

→ BREATHE INTO THAT TRUTH. FEEL THE WEIGHT OF YOUR BODY SUPPORTED BY THE EARTH.



CLOSE YOUR PRACTICE
SIT OR STAND STILL FOR A MOMENT

NOTICE HOW YOUR BODY FEELS NOW COMPARED TO WHEN YOU
STARTED.

OFFER YOURSELF GRATITUDE FOR TAKING THIS TIME.

TRY THIS DAILY

GROUNDING ISN'T JUST FOR MOMENTS OF STRESS—IT'S A
POWERFUL PREVENTATIVE TOOL.

EVEN 5 MINUTES A DAY CREATES NEW, CALMING PATTERNS IN
YOUR NERVOUS SYSTEM.



CALMING BREATH TECHNIQUE

REGULATE YOUR BREATH. RESET YOUR NERVOUS SYSTEM. YOUR BREATH IS ONE OF THE MOST POWERFUL TOOLS YOU HAVE FOR NERVOUS SYSTEM HEALING. IT'S FREE, ALWAYS WITH YOU, AND INSTANTLY SHIFTS YOUR BODY OUT OF "FIGHT OR FLIGHT" AND INTO "REST AND RESTORE." THIS CALMING BREATHWORK TECHNIQUE IS DESIGNED TO HELP YOU SETTLE ANXIETY AND RECONNECT TO YOUR BODY—ANYTIME, ANYWHERE.

WHY IT WORKS:

WHEN YOU SLOW YOUR BREATH, ESPECIALLY YOUR EXHALE, YOU STIMULATE YOUR VAGUS NERVE—THE KEY TO ACTIVATING YOUR PARASYMPATHETIC (CALM) NERVOUS SYSTEM.



4-6-8 BREATH TECHNIQUE

Use this rhythm to calm your system in 2–5 minutes:

Inhale through your nose for 4 seconds

Hold gently for 6 seconds

Exhale slowly through your mouth for 8 seconds

Repeat this breath cycle 5–7 times.

Let your shoulders drop. Soften your jaw. Feel your body begin to settle

Visualization Add-On (Optional):

As you inhale, imagine drawing in calm, light energy.

As you exhale, imagine releasing anxiety, tension, or fear from your body.

Picture it dissolving into the earth beneath you.

Pro Tip:

You can place one hand on your chest and one on your belly to stay connected to your body.

Breathe into the belly—not just the chest—for deeper calming effects

Use This When:

- You feel anxious, frozen, or on edge
- You need a reset during a stressful day
- Before sleep, during overwhelm, or after emotional triggers

Take a final slow breath in... and a long exhale out.

Notice how your body feels now.

This is your power. This is your reset.



NERVOUS SYSTEM-FRIENDLY NUTRITION TIPS



Nourish your body. Support your healing.

What you eat directly affects how you feel—physically, mentally, and emotionally. Certain foods can calm the nervous system, while others stimulate stress responses and anxiety.

Here are some simple, holistic tips to help you feed your calm.

EAT TO GROUND BALANCE

1. Prioritize Whole, Unprocessed Foods

→ Choose real, whole ingredients over packaged and processed options.

→ Your nervous system thrives on nutrients, not chemicals.

2. Include Healthy Fats

→ Omega-3s (found in flaxseeds, walnuts, chia seeds, hemp seeds) support brain and nerve function.

→ Avocados, nuts, and olive oil help stabilize mood and blood sugar.

3. Don't Skip Protein

→ Protein helps regulate blood sugar, which impacts anxiety.

→ Plant-based proteins like lentils, tempeh, tofu, chickpeas, and quinoa are great options.

4. Add Magnesium-Rich Foods

→ Magnesium calms the nervous system and muscles.

→ Try leafy greens, pumpkin seeds, bananas, almonds, and cacao.

5. Hydrate with Intention

→ Dehydration can mimic anxiety.

→ Sip herbal teas like chamomile, lemon balm, or tulsi throughout the day.





Foods That May Aggravate Anxiety

- Excessive caffeine (can overstimulate the nervous system)
- Refined sugar (spikes and crashes increase stress response)
- Alcohol (disrupts sleep and recovery)
- Processed foods high in preservatives and additives
-

You don't need to be perfect—just aim for more choices that make your body feel safe and supported.

Gentle Reminder:

What you eat is not just fuel—it's communication with your nervous system.

Choose foods that say:

"You're safe. You're nourished. You can rest."





REWIRING AFFIRMATIONS

SHIFT ANXIOUS THOUGHT LOOPS. SPEAK SAFETY INTO
YOUR SYSTEM.

YOUR BRAIN IS NEUROPLASTIC—IT'S CAPABLE OF
CREATING NEW THOUGHT PATHWAYS AT ANY TIME.
WHEN YOU SPEAK CALM, EMPOWERING WORDS WITH
PRESENCE AND INTENTION, YOU SEND SAFETY

SIGNALS TO YOUR NERVOUS SYSTEM.
THE KEY? REPETITION, EMOTION, AND BELIEF—EVEN
IF IT FEELS LIKE PRETENDING AT FIRST.



Why It Works:

Anxious thoughts often become habitual loops:

"What if something goes wrong?"

"I can't handle this."

"I always mess it up."

When left unchecked, these thoughts reinforce a state of fear and survival.

Affirmations help interrupt that loop and create a new pattern.

They're like medicine for your inner dialogue.

How to Use These Affirmations:

- Say them slowly, out loud or in your mind
- Breathe deeply as you repeat them
- Use while grounding, tapping, journaling, or before sleep
- Pick 1–3 to repeat daily for at least 21 days

AFFIRMATIONS TO CALM AND REWIRE

- I am safe in this moment.
- My body knows how to return to balance.
- I am allowed to rest.
- I trust my nervous system is healing.
- I release the need to be in control.
- I can hold space for discomfort and still feel grounded.
- I am not my thoughts—I am the awareness behind them.
- I choose presence over panic.
- It is safe for me to soften.
- I am learning to respond, not react.
- I breathe in calm, I exhale tension.
- I am worthy of peace, even when things feel messy.

Tip: Write Your Own

What's the anxious thought you often hear in your head?

Try flipping it gently.

Example:

"I can't handle this." → "I am learning to handle hard things, one breath at a time."

You have the power to create new stories inside your mind.

Every time you speak calm into your system, you rewire it for peace.



YOU'VE JUST TAKEN A POWERFUL FIRST STEP

...and your nervous system felt it.

Before you return to your day, take a deep breath.

Place your hand on your heart.

And thank yourself for showing up—for pausing, for listening, and for choosing healing.

Even just 5 minutes a day of intentional nervous system support can begin to reshape your inner world. The more you practice, the safer, calmer, and more connected you'll feel in your body. This is just the beginning of what's possible.

What to Do Next:

Come back to this guide anytime you feel overwhelmed.

Choose one tool to practice daily for the next 7 days.

Begin to notice how your body responds to small shifts in care.

Want to Go Deeper?

If you're ready to truly heal the root of anxiety—not just manage it—I'd love to guide you.

I help women like you regulate their nervous system, reconnect to their bodies, and finally feel safe, empowered, and free.

Book a free 20-minute discovery call

Visit me at mindfulwellness.me

With so much love and calm,

Valerie Lundgren

Anxiety Coach & Nervous System Specialist

Helping women heal anxiety at the root through somatic work, energy healing, nutrition & brain rewiring

