Inner Smile
MIRACLE

Nervous System Reset Guide

A simple 5–10 minute practice to calm your body and mind

> When your nervous system is overwhelmed, your body stays in “fight or flight” mode. This practice helps you gently return to safety and peace.

STEP-BY-STEP PRACTICE

1 **Comfortable Position**

Sit or lie down comfortably. Place one hand on your chest and one on your belly.

2 **4-7-8 Breathing (repeat 6 times)**

- Inhale quietly through your nose for 4 seconds
- Hold your breath for 7 seconds
- Exhale slowly through your mouth for 8 seconds

3 **Shake it off**

Stand up and gently shake your arms, shoulders, and legs for 30–60 seconds.

4 **Grounding**

Feel your feet on the floor. Name 3 things you see, 3 things you hear, and 3 things you can feel physically.

5 **Inner Smile**

Let a soft smile form on your face and gently say to yourself:

“I am safe. I am here. All is well right now.”

Best times to practice: Morning, before bed, or any moment you feel overwhelmed.