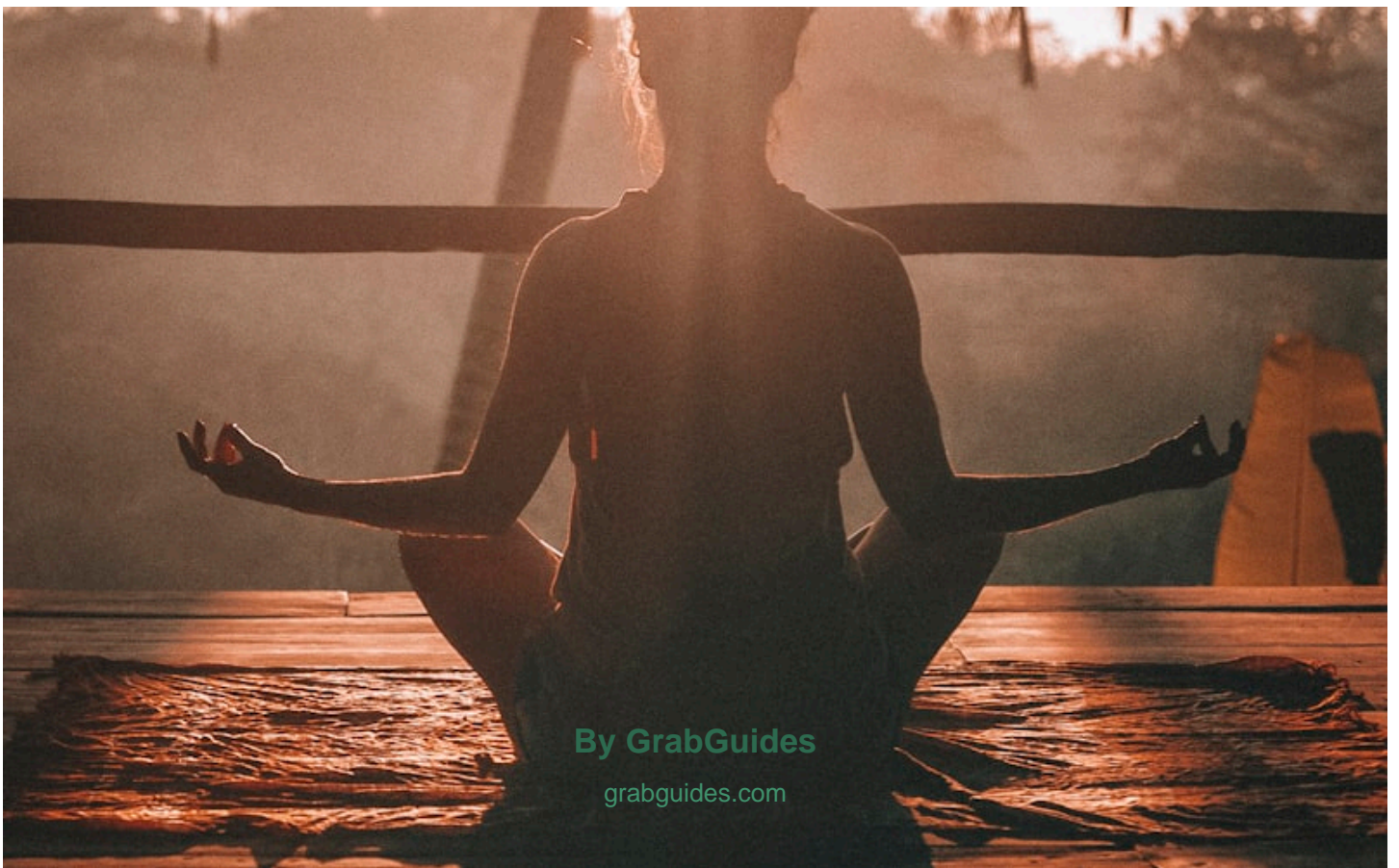


Wallet-sized | Polyvagal-informed | Printable

3-Minute Nervous System Reset Card

Three techniques. One page. Under 3 minutes.



By **GrabGuides**

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How to use this card

Print this page. Fold it in half. Keep it in your wallet, your desk drawer, or your car. When you feel the spiral start - racing heart, tight chest, dread, or the numb shutdown - pull it out. Don't think. Just do step 1. Most resets take less than 3 minutes.

[MAP] First: name the state

Anxious / spiraling / fight-or-flight = use Technique 1 (Sigh). Numb / heavy / can't move = use Technique 3 (Cold + Feet). Somewhere in between = Technique 2 (5-4-3-2-1).

Technique 1: Physiological Sigh (90 seconds)

Inhale through your nose. At the top, inhale again, a short second sip. Then exhale long and slow through your mouth. Repeat 3 times. Stanford research shows this drops autonomic arousal faster than any other single breath technique.

Technique 2: 5-4-3-2-1 Grounding (2 min)

Name (out loud or in your head): 5 things you can see. 4 things you can hear. 3 things you can feel. 2 things you can smell. 1 thing you can taste. This pulls your brain out of interior threat simulation and back into the room you're in.

Technique 3: Cold + Feet (3 min)

Splash cold water on your face or hold an ice cube at your wrists. Then put your feet flat on the floor and press down. Feel the floor. This combines the mammalian dive reflex (cardiovascular brake) with proprioceptive grounding, which works when breath alone isn't getting through.

[NOTE] When nothing works

If none of these land, the reset you need is probably connection, not technique. Text one person. Walk outside for 10 minutes. Listen to one song you love. Sometimes the nervous system is asking for safety, not a drill.

Your state check-in

Cue	Likely state	Start with
Heart racing, tight chest	Sympathetic	Technique 1
Spiraling thoughts	Sympathetic	Technique 2
Numb, heavy, frozen	Dorsal vagal	Technique 3
Calm, present	Ventral vagal	Maintain

Ready for the complete system?

This free guide is a starting point.

The paid guide gives you the complete step-by-step system.

Nervous System Regulation Workbook - \$22

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