

The Nervous System Reset

7 Simple Rhythms I Come Back to Whenever I Feel Overwhelmed

If you've been feeling exhausted, anxious, overwhelmed, or like you're constantly running on empty, I want you to hear this first:

Your body isn't working against you.

It's doing exactly what God designed it to do.

When life feels stressful, your nervous system shifts into protection mode. That's a good thing for a season. But when stress becomes constant, our bodies can stay stuck there much longer than they were ever designed to.

Over time, that can look like:

- Feeling "tired but wired"
- Trouble sleeping
- Feeling overstimulated by little things
- Low energy
- Mood swings or anxiety
- Feeling like you're surviving instead of living

This isn't because you're lazy or doing something wrong.

Your body may simply be asking for safety.

Over the next seven days, I'm going to walk you through a few simple rhythms that have made a big difference in my own life. They're gentle, practical, and don't require perfection.

Healing isn't about doing everything.

It's about consistently doing the little things that help your body feel safe again.

Before You Begin

Take a moment and ask yourself:

- ☐ Do I wake up already feeling tired?
- ☐ Do I struggle to relax, even when I finally have time?
- ☐ Do I feel overstimulated by noise, mess, or constant demands?
- ☐ Do I often feel like I'm "on" all day long?
- ☐ Do I feel guilty when I rest?

If you checked several of those, know this:

You simply need rhythms that support the way God designed your body to function.

DAY ONE

Start with Morning Light

Today's Rhythm

- ☐ Step outside within 30 minutes of waking.
- ☐ Spend 5–10 minutes in the morning light.
- ☐ Take five slow breaths through your nose.

Why This Matters

Morning sunlight helps set your body's internal clock. It supports healthy cortisol production in the morning, encourages melatonin production later that evening, and helps regulate your sleep-wake cycle.

Even a few minutes outside tells your brain,

"The day has begun. You're safe."

Scripture

"Be still, and know that I am God." — Psalm 46:10

I love writing Scripture on sticky notes and placing them around my home. I have verses on my bathroom mirror, inside my closet, and beside my front door so I'm constantly reminded to shift my focus back to the Lord throughout the day. Try doing the same with this verse.

DAY TWO

Create Some Quiet

Today's Rhythm

Choose one:

- ☐ Turn off background TV or podcasts.
- ☐ Eat one meal without your phone.
- ☐ Dim the lights after sunset.

Why This Matters

Your nervous system wasn't designed to process constant stimulation. Small moments of quiet allow your brain to move out of "always alert" mode and into a place of restoration.

Peace often begins by creating a little more quiet.

Scripture

"Come to me, all who labor and are heavy laden, and I will give you rest." — Matthew 11:28

DAY THREE

Move, Don't Push

Today's Rhythm

- ☐ Take a 15-minute walk.

OR

☐ Stretch for 10 minutes.

Why This Matters

Gentle movement helps your body process stress hormones without placing additional stress on your system. Some seasons call for intense workouts.

Other seasons call for a quiet walk outside.

Learning the difference is wisdom.

Scripture

“The Lord gives strength to His people; the Lord blesses His people with peace.” — Psalm 29:11

DAY FOUR

Nourish Your Body

Today’s Rhythm

At each meal today, focus on:

- ☐ Protein
- ☐ Healthy fats
- ☐ Mineral-rich hydration

Why This Matters

When blood sugar swings up and down throughout the day, it can leave you feeling anxious, shaky, irritable, or exhausted.

Eating balanced meals helps support steadier energy and a calmer nervous system.

Scripture

“Man shall not live by bread alone, but by every word that comes from the mouth of God.” — Matthew 4:4

DAY FIVE

Slow Your Breathing

Today's Rhythm

For two minutes:

Inhale through your nose for four seconds.

Exhale slowly for six to eight seconds.

Repeat.

Why This Matters

Longer exhales help activate the parasympathetic nervous system, often called the “rest and repair” state, where healing, digestion, and recovery happen.

Sometimes one deep breath is enough to remind your body,

“I don’t have to rush.”

Scripture

“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” — Philippians 4:7

DAY SIX

Rest on Purpose

Today's Rhythm

Choose one:

- ☐ Sit quietly for 10 minutes.
- ☐ Put your feet up.
- ☐ Read your Bible.

☐ Spend a few minutes in prayer.

Why This Matters

Rest isn't something you earn.

It's something God designed your body to need.

Giving yourself permission to slow down is one of the healthiest things you can do.

Scripture

“In returning and rest you shall be saved; in quietness and in trust shall be your strength.” — Isaiah 30:15

DAY SEVEN

Build a Rhythm

Take a few minutes to reflect.

What made you feel calmer this week?

What drained your energy the most?

Which rhythm felt the easiest to continue?

Healing rarely happens because we do one big thing.

It happens because we faithfully repeat small things.

Scripture

“Trust in the Lord with all your heart and lean not on your own understanding.” — Proverbs 3:5–6

My Favorite Nervous System Tools

The truth is, the most powerful things you can do for your nervous system are free.

Morning sunlight.

Prayer.

Walking.

Balanced meals.

Deep breathing.

Time in God's Word.

These are the foundation.

Over the years, I've also found a few tools that have supported me, especially during stressful seasons.

Hemp Wellness Jellies

One of my favorite evening routines. I personally use them to help me unwind after busy days and support a sense of calm before bed.

Shop here:

<https://greencompassglobal.com/?cartId=43a89b6e94beb2eeabe9bcb991dade70&pws=Littlesothernwife>

Calming Magnesium

Magnesium supports hundreds of reactions throughout the body and plays an important role in nervous system function, muscle relaxation, quality sleep, and helping the body respond to stress.

It's one of the supplements I recommend most often.

Shop here:

<https://equi.life/products/calming-magnesium?irad=1945514&irmp=2321608>

Need More Support?

Sometimes nervous system dysregulation is only one piece of the puzzle.

If you've been dealing with ongoing fatigue, hormone imbalances, digestive concerns, poor sleep, or burnout that isn't improving, it may be time to look a little deeper.

As an Integrative Health Practitioner, I help women uncover possible root causes and create personalized wellness plans that support the body as a whole.

I'd be honored to walk alongside you on your health journey.

Book a consultation here:

<https://amandascottllc.practicebetter.io/#/67e2128a9b3e4be53079295b/bookings>

One Last Thought

Healing doesn't happen overnight. It happens one faithful choice at a time. One nourishing meal. One walk outside. One deep breath. One quiet prayer. One reminder that God has not forgotten you.

Wherever you are today, start there.

I'm cheering you on and praying this little guide helps you experience a little more peace, one day at a time.

With love,

Amanda