Reset your Nervous System, Reset your Life.



Thank you for downloading my free and simple guide!

Whether you lead a team, a family, a classroom or even yourself, pressure is part of everyday life. Every day, people in leadership roles (formal and informal) face constant pressure, rapid decision making and visible responsibility.

Stress is inevitable, and in the right amount, it can fuel performance. But when stress tips into overload, it clouds thinking, erodes composure and undermines how others experience you.



Your nervous system is the hidden driver bhind your clarity, presence and influence. When you know how to reset it, you don't just manage stress, you transform it into focus, authority and trust.

This guide is designed for anyone who needs to stay composed and effective when it matters the most.

It introduces three practical nervous system resets designed for leaders in all roles: executives, teachers, healthcare workers parents and beyond. Each tool is simple, fast and effective, helping you stay composed, focused and impactful when it matters most.



Why we need to pay attention to the nervous system

So, we know that our nervous system is our main driver for our thinking quality, decision speed and relational presence.

Unfortunately, it is also a little overprotective. It has been around since you were very young and it did a great job of keeping you safe back then.

But, it sometimes still thinks of you as *that little child that needs shielding* and it goes into to fight or flight mode.

This leads to tunnel vision, reactive choices and poor communication..

Sound familiar?

When regulated, we have strategic thinking, calm authority and stronger trust in teams.

Sound good?

I have chosen three simple exercises that take no longer than two minutes. Two are for you personally, and the third is a suggested exercise to share with your team and family.

Each exercise is a simple way of saying to your nervous system that you are safe, there is no danger and your fight or flight can stand down.

The Vagus Nerve Reset



The vagus nerve acts like the body's "brake pedal", signalling your nervous system to move out of high-alert mode and back into calm, clear thinking. When you intentionally stimulate the vagus nerve, you restore balance, so you can lead with presence instead of pressure.

Switching from Stress to Clarity

1. **Sit tall** with your feet grounded. Place one hand on your chest and the other on your stomach.
2. **Inhale deeply** through your nose for a count of 4 or 5, whatever is comfortable for you. Let your stomach rise more than your chest.
3. **Exhale slowly** through pursed lips for a count of 6 to 8, focusing on a long, steady release.
4. Repeat for **3 to 5 breaths**, paying attention to the subtle shift from tension to composure.

When to use it:

- Before high stakes presentation or negotiation.
- When you feel decision fatigue setting in
- To model calm and grounded leadership for you and your team.

Leadership Advantage:

Just a few breaths through the vagus nerve can shift your state from reactive to regulated. That means sharper thinking and a leader your team can trust.

The Micro-Release Reset



Stress often hides in the body: tight shoulders, clenched jaw, shallow breath. These signals drain your energy and narrows the focus.
A quick physical “micro-release” resets your nervous system, freeing your attention for clear, confident leadership.

Tension out, focus in.

1. **Inhale deeply** and deliberately tense your facial muscles and shoulders.
2. While keeping these muscles **tense,** continue to tense your other muscles from head to toe in a wave like motion.
3. When your **whole body is tense,** exhale through your mouth while releasing the tension in all of your muscles.
4. **Focus** on the shift to calm and balance.

When to use it

- When moving from one meeting to another.
- When preparing from a difficult conversation.
- Any time stress feels stuck in your body or when you feel frustrated and you do not know how to release it.

Leadership Advantage:

- This exercise quickly shifts you from “tight and reactive” to “open and ready”. This helps you walk into any room feeling present, focused and in control.

Team Reset



Teams mirror their leader's state. When you bring calm, they find calm, when you bring tension, they absorb tension. We have all known leaders who generate tension simply by walking into a room. A *short reset that you lead can shift the atmosphere of a whole room.* The exercise below uses proprioception (the body's sense of movement) to quickly ground the team.

Creating Collective Composure

Leader Instructions and script:

1. **Feet First: "*Everyone please*** plant your feet firmly on the floor. Wiggle your toes inside your shoes before pressing the heels down, followed by the rest of your foot, as if wanting to make a footprint. notice the feeling of that pressure."
2. **Seat Check:** "Now, bring your attention to your seat. Feel the weight of your body making contact with the chair. Notice how your chair is supporting you. Gently shift your weight side to side, then find the centre where you feel most balanced."
3. **Finish:** "Take one breath, in through the nose, out through the mouth, feeling the stability of your feet and hands."

When to use it:

- Starting a meeting or at the end of a stressful day.
- Following a heated discussion.
- Before aligning on an important decision.

Leadership Advantage:

Builds trust, lowers tension across the group and sets the tone of calm authority, promoting healthy collaboration.

Well Done!



Congratulations for completing the exercises.

Well done, you have just created a powerful nervous system reset in a matter of minutes.

By doing these exercises three times a day, or whenever you feel you need a shift in energy, you are telling your nervous system that you are safe. When your mind and body feels safe, your clarity of mind, focused attention and sense of balance is restored.



Self-Care in a Box



Your nervous system loves consistency; small calming rituals repeated often. Acupressure beads offer a simple, physical way to remind your body to relax. Placing the beads on specific points on the body and pressing them three times a day helps regulate the vagus nerve, reducing stress in the real time.

They are especially powerful when used alongside the exercises in this guide; a before a meeting, after a tough conversation or during a hectic day.

Explore the Self Care Box with acupressure beads here.



What next?

Quick resets are great and highly effective and will continue to help you with immediate relief.

But what if you could rewire your nervous system to automatically handle the pressure?

What would it mean if you could operate from a place of calm without a quick fix?

To move from quick resets to true, lasting resilience, two things can help you: ongoing support and a personalised strategy.

Choose the path that is right for you today:

Option 1: The Community Connection.

Join my free Facebook community, called The Resilience Nook, to keep momentum going. This is where people of all experiences and backgrounds discover what resilience is and how they can nurture their own.

Option 2: The Personalised Strategy.
If you're ready to stop guessing and get a clear, tailored strategy for overcoming your specific burnout or stress pattern, let's talk.

Book a free 30 minute nervous system check with me. We will use this focused time to:

- Pinpoint the specific nervous system patterns holding you back.
- Identify your number one priority shift for immediate and sustainable change.
- Map out your simple action plan to build genuine resilience.

Who is Lucy Wooldridge?

Lucy is an accredited Master Mindset Coach and Ear Acupuncture Practitioner and is the go-to coach for resilience and nervous system reset.

Following her degree in Psychology, she has since gained over twenty years of experience serving others in the charity sector and the NHS and, since 2025, in her own private clinic. Lucy initially worked in addiction therapy and mental health services where she helped transform and enhance the lives of men and women around the country. She believes that everyone is entitled to live to their full potential, no matter the barriers they have.

Crucially, Lucy found that once people are more aware of how their nervous system works, they can have more confidence in stepping into their identity, shift mindset, achieve their goals and soar. This in itself is the start of many transformations.

After nurturing her own resilience to overcome hardships and prejudices, she now focuses on nurturing resilience and resetting the nervous system in others. Lucy guides her clients to adapt to change, manage uncertainty and develop the insight to see setbacks as opportunities. Coupled with NADA ear acupuncture she also works with teams to create calm, focus and clarity in business.



Hi, I hope you enjoyed my exercise in exploring different ways to reset and calm your nervous system. If you'd like to learn more, why not join our free Facebook group, The Resilience Nook? It's for anyone who wants to be part of a community to lift, inspire and encourage others. You can also find me on Linkedin and Instagram.

Let's remove that glass ceiling so that you can soar into the future you want to create for yourself.

Hope to see you there!

Warmest wishes,

Lucy

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