

— FOR PARENTS

Take 4: Your Daily Nervous System Reset



Busy parents rarely have time for self-care, but staying regulated is what lets you respond instead of react. You don't need a spa day. Use these four steps, about five minutes in all, to reset and parent from clarity instead of chaos.

1

Ground your body (1 minute)

Sit or stand still. Press your feet into the ground. Take three to five slow, deep breaths, in through the nose and out through the mouth. Name one thing you can see, hear and feel.

Optional mantra: "I am here. I am safe. I can handle this."

2

Notice your emotional state (1 minute)

Ask: What am I feeling right now? Where do I feel it in my body? Identify the emotion and recognize it without judgment.

Optional journaling prompt: "Right now I feel... and I need..."

3

Choose your reset strategy (2 minutes)

Pick one regulation tool:

Shake out your arms and body

Take a short walk

Use a calming scent or lotion

Splash cold water on your face

Text a friend to check in

Write a "brain dump" list

4

Set a gentle intention (1 minute)

Choose one of these or write your own:

"I don't need to do it all. I just need to show up."

"I can make space for my emotions and still lead with calm."

"Today, I will choose connection over perfection."