



Guided Regulation Reset

Simple Breath Patterns to Support Autonomic Regulation

Introduction

Periods of increased stress or physiological activation may benefit from structured regulation rather than isolated techniques. Combining posture, breath, and gentle movement in a consistent sequence may support more reliable nervous system settling.

This guided reset is designed to be completed in approximately 5–10 minutes.

Overview of the Sequence

The reset includes:

1. Postural alignment
2. Controlled breathing
3. Gentle movement
4. Brief reassessment

Each step builds upon the previous one.

Step 1: Postural Alignment (1–2 Minutes)

Begin in a stable seated or standing position.

- Feet supported
- Spine upright but relaxed
- Shoulders resting downward
- Jaw unclenched

Press feet lightly into the floor.

Allow attention to settle on physical contact points.

Step 2: Controlled Breathing (2–3 Minutes)

Use diaphragmatic breathing with extended exhale.

- Inhale through the nose for 4 seconds
- Allow lower ribs to widen
Exhale slowly for 6–8 seconds
- Repeat for 6–10 cycles

Breathing should remain smooth and quiet.

Step 3: Gentle Grounding Movement (2–3 Minutes)

Choose one:

- Slow heel raises
- Partial supported squat hold
- Seated posture reset with foot pressure

Move slowly and deliberately.

Avoid intensity. The goal is steady input.

Step 4: Reassessment (1 Minute)

Pause and consider:

- Has breathing slowed?
- Has muscle tension shifted?
- Do you feel more stable?

If regulation has improved, gradually return to activity.

If not, repeat the breathing component for another minute.

When to Use This Reset

This structured reset may be helpful:

- During periods of heightened stress

- Before returning to work
- Prior to sleep
- Following difficult conversations
- As part of a recovery routine

Consistency enhances effectiveness.

Practical Considerations

- Avoid forcing deep breaths
 - Keep movements controlled and moderate
 - Short sessions are often sufficient
 - Practice regularly rather than only during high stress
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Final Note

Regulation is a skill developed over time. Structured, moderate practices applied consistently may support resilience more effectively than sporadic intensity.

These guidelines are general in nature and may be adapted based on individual needs.

Disclaimer

This material is provided for educational purposes only and is not a substitute for individualized medical or therapeutic advice.