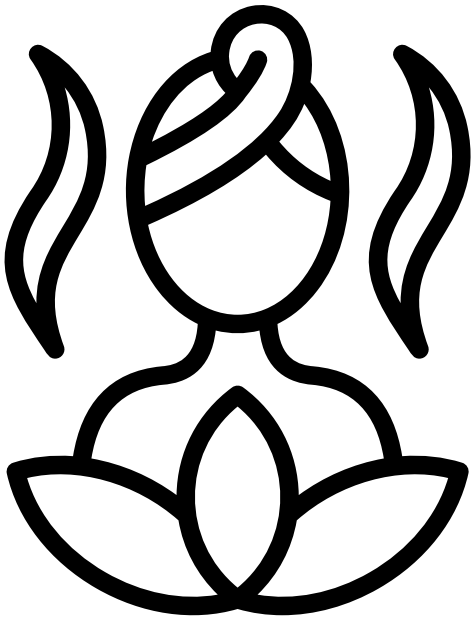
RESET & RESTORE

Resetting Rituals

THE COMBO COACH

RESETTING RITUALS

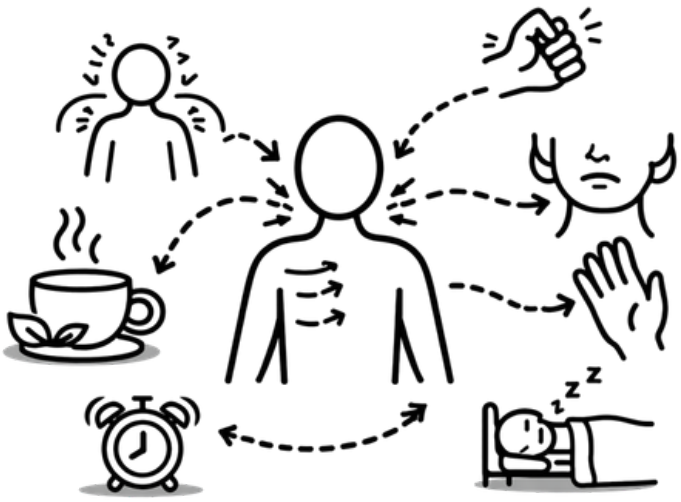
Resetting Rituals are simple, science-backed practices designed to calm your nervous system and restore balance in everyday life. Through small, consistent moments—breathing, movement, and mindful pauses—you can shift out of stress and into calm. This guide helps you build sustainable habits that support resilience, clarity, and lasting wellbeing.



YOUR NERVOUS SYSTEM WANTS SAFETY, NOT REST

You can sit down all day
and still feel wired.
The body doesn't reset just because
you've stopped moving.
Truth: Your nervous system calms
through signals—breath, rhythm,
and environment.

Resetting Ritual:
Take 3 slow breaths, longer out
than in (e.g. in for 4, out for 6).
Do this anytime you feel "on edge."



YOUR BRAIN WANTS REPETITION (That's how rewiring works)

One-off sessions of self-care don't stick. It's small, repeated rituals that change how you feel long-term.

Truth: Consistency rewires the brain more than intensity.

Resetting Ritual:

Pick one daily ritual (morning stretch, short walk) and anchor it to something you already do, such as do a 5 minute stretch routine before you brush your teeth at night.

STRESS ISN'T JUST MENTAL
IT LIVES IN YOUR BODY

Tight shoulders, clenched jaw, shallow breathing…
Your body is holding the story.
Truth: You can't think your way out of physical tension.

Resetting Ritual:
Do a quick "body scan reset"—drop your shoulders, unclench your jaw, soften your hands.
Takes 10 seconds, shifts everything.
Do this throughout the day.

YOU DON'T NEED AN HOUR, YOU NEED A MOMENT

Many women think, "I don't have time to relax properly."
So they don't reset at all.
Truth: Mini resets are incredibly powerful for calming the brain – a few minutes to close your eyes and really breathe deeply.

Resetting Ritual:

Use "in-between moments"—kettle boiling, waiting sitting in the car, before bed—to pause, breathe, and reset. Short Deep Breathing Bouts can make all the difference.

NATURE IS NOT A LUXURY, ITS A REQUIREMENT

Fresh air, greenery, daylight… These directly reduce stress hormones.
Truth: Your brain calms faster outdoors than indoors (this is well researched).

Resetting Ritual:
Go outside for **AT LEAST** 5 minutes a day—even if it's just your garden or doorstep. Expose as much of your skin as possible, do it in your bra and knickers if you're brave enough!!

YOUR THOUGHTS SPEED UP YOUR NERVOUS SYSTEM

Running through lists, worries and what-ifs...
The brain stays in "go mode."
Truth: A busy mind keeps the body in a low-level stress state.

Resetting Ritual:
Do a "brain dump"—write everything down, no order, no filter. It clears mental clutter instantly. Use your phone to create voice notes, use the tech to clear your mind!

SLEEP STARTS BEFORE BED TIME

If your brain is wired at night, it's usually been building all day. You can't switch off easily.
Truth: Evening calm begins with daytime habits.

Resetting Ritual:
Create a simple wind-down cue —dim lights, switch off screens, or have a set "closing the day" ritual. Stretch, deep breathing, brush your teeth. Sleep like a baby, wake like a warrior.

YOU DON'T NEED TO EARN A PAUSE

Many women feel they must deserve rest.
So they push through, then crash.
Truth: Rest is not a reward —it's a requirement.

Resetting Ritual:
Schedule small pauses before you feel exhausted—not after. Block it in your calendar. You have agency over your day, so make the time, you only need 5 minutes.

SENSORY INPUT CALMS YOUR BRAIN QUICKLY

What you see, hear, and feel affects your state.
Your environment matters more than you know.
Truth: Gentle sensory cues, like a tidy home, pictures of loved ones, can shift your nervous system fast.

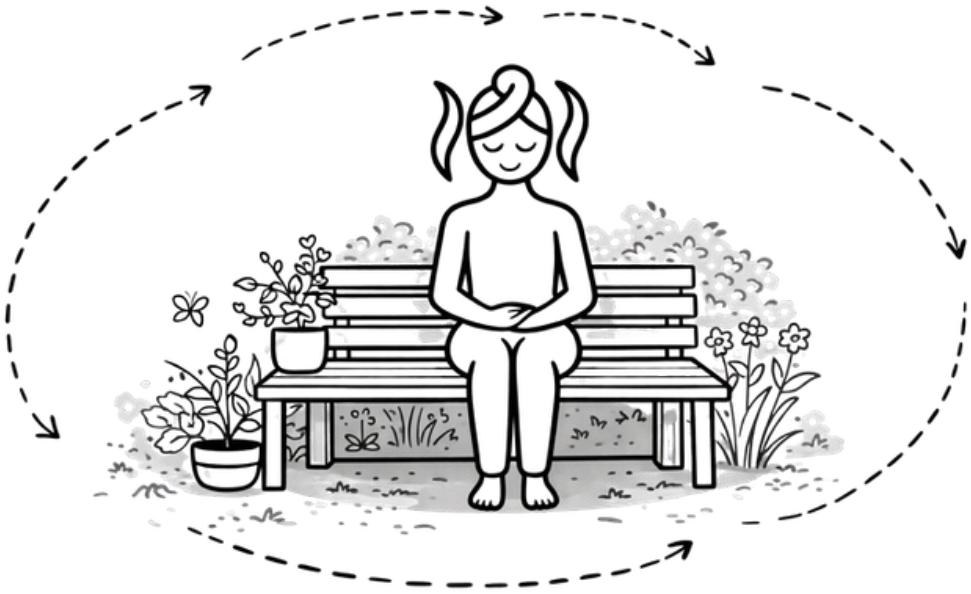
Resetting Ritual:
Create a "calm cue"—a playlist, a scent, or a corner that signals your body to relax. When working (especially at home) have a neat and tidy space.

PRACTICE CALMNESS, DON'T WAIT FOR IT TO HAPPEN

"I'll relax when things settle down..." – Life rarely does.
Truth: Calm is a skill you build in small moments.
You can create your own calm.

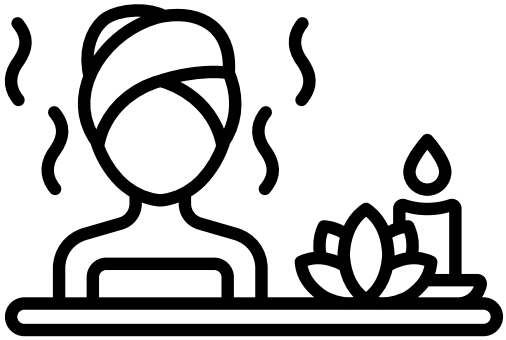
Resetting Ritual:

Treat calm like a habit—tiny, daily, imperfect, but consistent.
Make a habit of going outside as often as you can



CONCLUSION

Reset and rewire rituals highlight that calm is something we create through small, consistent actions rather than waiting for it to happen.

Simple practices like breathing, movement, and mindful pauses help regulate the nervous system and reduce stress.

By integrating these habits into daily life, we build resilience and balance. Over time, these micro-moments of reset lead to lasting wellbeing, proving that small, intentional changes can have a powerful impact.