

— A GIFT FROM MINDFULLY MODERN —

The Overstimulated Woman's Toolkit

A printable emergency reset card. Tape it to your fridge.

When Your Body Says "Too Much"

You don't need to think your way out. Your body is overwhelmed — give it a body-based answer. Try one of these. Whichever one feels easiest right now.

60-Second Reset — Cold Water

Splash cold water on your face for 20–30 seconds, or run wrists under cold water. This activates the dive reflex and resets your nervous system within a minute. No thinking required.

90-Second Reset — Extended Exhale

Inhale 4 seconds. Exhale 8 seconds. Repeat 5–10 times. Long exhales are the fastest signal to your body that you are safe.

2-Minute Reset — 5-4-3-2-1 Grounding

Look around and name:

- 5 things you can SEE
- 4 things you can TOUCH
- 3 things you can HEAR
- 2 things you can SMELL
- 1 thing you can TASTE

This anchors you out of spiraling thoughts and back into your body.

5-Minute Reset — Vagus Nerve Activation

Hum your favorite song softly for 60 seconds. OR gargle water. OR gently massage the sides of your neck. These activate your vagus nerve — the main calming pathway in your body.

10-Minute Reset — Sensory Reduction

Turn off overhead lights. Step away from screens. Sit in the quietest room in your home. Hold a warm mug or wrap up in a soft blanket. Stay until your shoulders drop.

Daily Habits That Prevent Overstimulation

- Take 3 long exhales before checking your phone in the morning.
- Eat one meal a day without screens.
- Build in 15 minutes of unstructured quiet between work and home.
- Choose warm lighting over overhead lighting after sunset.
- Put your phone on Do Not Disturb for the first and last hour of every day.

Softly,

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