The background of the image is a soft-focus photograph of a wooden desk. In the center, a small potted plant with green leaves sits in a light-colored pot. To the right, a lit candle in a dark jar is placed on a wooden coaster. In the foreground, a pair of hands is visible, writing in a white, lined notebook with a pen. The overall atmosphere is calm and focused.

21 Day Stress Reset Guide

A PROVEN PROCESS FOR LASTING CHANGE

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Welcome!



Life will always bring moments of pressure and uncertainty. That's part of being human. What changes your experience is how you *meet* those moments.

Most of us were never taught how to calm the body or direct the mind in ways that truly discharge stress from our body. We learned to push through, keeping our system stuck a stress response when it really needs is to reset.

The good news is your body and brain can be retrained. With short daily practices, you'll respond differently and build a steadier foundation of calm.

This guide will help you:

- Apply each week's tools in simple, concrete ways;
- Reflect on what you notice in your body and mind;
- Track your progress as calmer, patterns take hold; and
- Integrate new habits until they feel automatic.

As your body relaxes and your mind clears, you create more space for presence, joy, and contentment. You'll move from reacting to responding with choice.

You are not here to eliminate stress. You are here to change your relationship with it and remember the version of you who feels calm, capable, and fully alive.

How to Use This Guide

This guide is here to help you turn the concepts and tools from the 21-Day Stress Reset into real, lasting change. You'll find three key components in each week:

1. Weekly Focus

Each week, you'll focus on one area of transformation:

- Week 1: Rewire Through the Body — learn quick, science-backed ways to release stress and return to calm.
- Week 2: Rewire Through the Mind — shift your thinking to create more balanced emotions and perspectives.
- Week 3: Rewire Patterns and Identity — integrate what you've learned and begin showing up as your calm, grounded self.

Each week builds on the one before it, helping your body and mind work together to create lasting calm.

2. Daily Practice

Set aside 5 to 10 minutes a day for your reset. You'll use this time to:

- Practice this week's tools in real time or when you are able to
- Use this guide to track and jot down reflections or observations

These daily moments of awareness and practice are what begin to rewire your nervous system and reshape your thought patterns.

3. Weekly Reflection

At the end of each week, take 5 minutes to reflect and notice what's changed using the prompts in this guide. Even small shifts in awareness create real change.

Resources

THE ROOT OF STRESS

Stress begins as a physiological response before it becomes a mental or emotional one.

When you encounter a situation, your nervous system quickly assesses it as either safe or threatening. This automatic response influences how your brain interprets the situation, shaping the thoughts and beliefs that follow.

Those interpretations then produce emotions like anxiety, pressure, frustration, or fear, which are felt as physical sensations in your body.

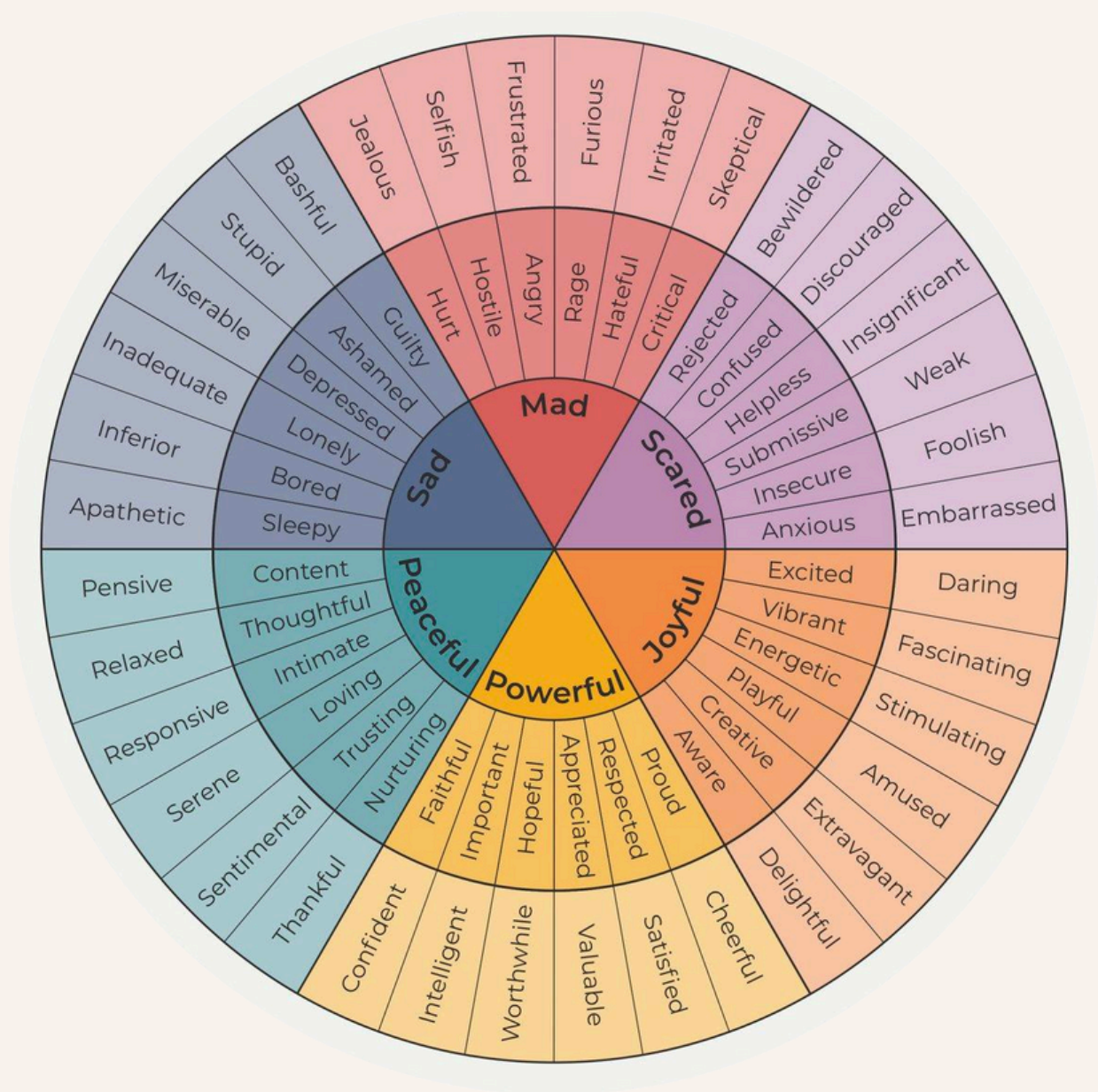
By learning to regulate your nervous system first, you interrupt this chain at its source and give your brain the conditions it needs for calm, balanced thinking.



Resources

FEELINGS WHEEL

The Feelings Wheel helps you expand your emotional vocabulary so you can name what you feel with more precision, deepen self-awareness, and calm your nervous system through understanding.



The Gottman Institute

Resources

BODY SENSATIONS

This list of body sensations helps you tune into how emotions show up physically, as sensations, so you can recognize your body's signals and regulate more effectively.

| | | |
|-------------|-----------|-------------|
| Achy | Fluid | Relaxed |
| Airy | Fluttery | Releasing |
| Blocked | Frozen | Rigid |
| Breathless | Full | Sensitive |
| Bruised | Gentle | Shaky |
| Burning | Hard | Shivery |
| Buzzy | Heavy | Slow |
| Clammy | Hollow | Smooth |
| Clenched | Hot | Soft |
| Cold | Icy | Spacious |
| Constricted | Itchy | Stiff |
| Contained | Jumpy | Still |
| Contracted | Knotted | Suffocating |
| Dizzy | Light | Sweaty |
| Drained | Loose | Tense |
| Dull | Numb | Throbbing |
| Electric | Pounding | Tingly |
| Empty | Prickly | Twitchy |
| Expanded | Pulsing | Vibrating |
| Flowing | Radiating | Warm |

Resources

BELIEVABLE THOUGHTS

You can't jump from negative to positive thinking and expect it to stick. The key is to choose thoughts that feel believable and grounding, not forced.

These example thoughts are designed to help you gently shift your mindset, one small, realistic step at a time, so the change actually lasts and begins to reshape how you feel.

- *I don't have to do everything perfectly for it to be valuable.*
- *It's safe to slow down, nothing falls apart when I rest.*
- *Doing less doesn't mean I'm failing; it means I'm choosing what matters.*
- *I can be successful and take care of myself.*
- *I don't have to prove my worth through what I produce.*
- *My best today is enough.*
- *It's okay to disappoint others if it means staying true to myself.*
- *Boundaries aren't selfish; they protect my energy and focus.*
- *I can say no and still be respected.*
- *Resting is part of doing my best work.*
- *I'm learning to trust my limits instead of pushing past them.*
- *It's safe to let others help me.*
- *I don't need to fix everything to be valuable.*
- *My worth isn't dependent on my output or others' approval.*
- *Slowing down often moves me forward faster.*
- *I'm allowed to feel proud of progress, not just outcomes.*
- *What I think of me matters more than what anyone else thinks.*
- *I can pause before reacting and choose clarity over urgency.*
- *My nervous system isn't the problem; it's the messenger.*
- *It's safe for me to relax, even when things feel unfinished.*
- *I'm learning to feel peace in the middle of uncertainty.*
- *I can trust that I'm enough, even when I'm not doing it all.*
- *I don't have to hold everything together; I can let things unfold.*
- *I'm becoming the version of me who leads with calm, not pressure.*
- *I can achieve great things without abandoning myself.*

01

Week 1

REWIRING THROUGH YOUR BODY

OVERVIEW

This week is all about helping your body feel safe again.

Most people try to manage stress from the neck up, thinking or acting their way out of it, but your body is where stress actually lives.

When you learn to calm your body first, your thoughts and emotions begin to shift on their own.

Each time you use these tools, you're not just calming stress in the moment, you're teaching your subconscious nervous system a new pattern.

Over time, your body learns that calm is safe, familiar, and automatic. That's where lasting change begins. You'll start to think more clearly, your emotions settle faster, and you'll respond to stress with perspective instead of reactivity.

YOUR FOCUS THIS WEEK

1. Notice what stress feels like in your body
2. Practice short tools to help your system reset and recover faster
3. Begin building awareness of how your body signals safety and calm

01

Daily Practice Tracker

| Day | Tool Practiced | How I Felt Before | How I Felt After |
|-----------|----------------|-------------------|------------------|
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Sunday | | | |

01

Regulating Tools

THE BODY SCAN

Use it When:

You feel stressed, anxious, or caught in your head and want to reconnect with your body to find calm.

Why It Works:

Bringing your attention to physical sensations helps you reconnect, interrupt autopilot, and send your body a clear signal that it's safe to relax.

When you observe without judgment, your awareness itself begins to release tension.

Step-by-Step Practice (5 minutes)

1. Sit or lie down comfortably and close your eyes.
2. Slowly bring your attention to your breath.
3. Begin scanning your body from head to toe, noticing any sensations or vibrations.
4. As you notice sensations, name them silently (e.g.: warm, tight, fluttery, heavy).
5. Breathe into those areas, allowing them to soften with each exhale.
6. Continue moving through your body until you reach your toes.

Key Takeaway:

Awareness is regulation. Each time you reconnect with your body, you reduce stress signals and return to calm.

01

Regulating Tools

THE PHYSIOLOGICAL SIGH

Use it When:

You feel stress or pressure building, your chest tightens, or your mind starts racing.

Why It Works:

Taking two short inhales through your nose, followed by one slow exhale through your mouth, helps your body release built-up tension fast.

It restores balance to your breathing, tells your body you're safe, slows your heart rate, and helps you shift out of stress and back into calm within seconds.

Step-by-Step Practice (2 minutes)

1. Notice the physical sensations of the emotion you are feeling in your body.
2. Inhale deeply through your nose.
3. Take a small second sip of air at the top of that breath.
4. Exhale slowly through your mouth until your lungs feel empty.
5. Repeat 3–5 times, letting each exhale release more tension.
6. Pause and notice how your body feels when you finish.

Key Takeaway:

Every time you interrupt a stress spike with this breath, you're teaching your body to find its way back to calm faster.

Regulating Tools

TAPPING (EMOTIONAL FREEDOM TECHNIQUE)

Use it When:

You feel stressed, anxious, overwhelmed, or stuck in repetitive thoughts.

Why It Works:

Tapping on specific acupressure points while naming what you feel calms the body and quiets the stress response. It signals safety to the brain, balances your emotional state, and reduces the intensity of negative feelings.

Step-by-Step Practice (5 minutes):

1. Notice the physical sensations of the emotion you are feeling in your body.
2. Gently tap the top of your head while saying: “Even though I feel [emotion], I’m open to feeling calm and safe now.”
3. Move through these points, tapping lightly 5–7 times on each while breathing:
 - Side of eye, while saying “I choose to let this go”
 - Under eye
 - Under nose, while saying “I deserve to let this go”
 - Chest, while saying “I deserve to feel ease”
4. Take your wrist in one hand and inhale and take a longer breath out.
5. Pause and notice how your body feels afterward.

Key Takeaway:

When you combine gentle tapping with awareness and intention, your body releases the emotional charge, allowing you to feel calmer and clearer within minutes.

01

Regulating Tools

ORIENTING

Use it When:

You feel spaced out, overwhelmed, or disconnected from the present moment.

Why It Works:

Stress narrows your focus to what feels threatening.

Orienting expands your awareness to include what's neutral or pleasant in your environment.

This tells your body it's safe and restores balance to your nervous system.

Step-by-Step Practice (2-3 minutes):

1. Notice the physical sensations of the emotion you are feeling in your body.
2. Slowly look around the space you're in.
3. Name five things you see, three things you hear, and one thing you can feel.
4. Let your eyes rest on something that feels pleasant or calming: a color, a plant, a light.
5. Breathe and let your body settle as you take in that feeling.
6. Pause and notice how your mind and body feel afterward.

Key Takeaway:

When you remind your body that the present moment is safe, your stress response naturally turns off.

Regulating Tools

SHAKE IT OUT

Use it When:

You feel restless, wired, or physically tense from stress.

Why It Works:

A quick shake helps release built-up tension and signals to your body that it's safe to relax.

Gentle movement resets your nervous system, restores circulation, and helps you come back to calm and focus in seconds.

Step-by-Step Practice (1–2 minutes):

1. Notice the physical sensations of the emotion you are feeling in your body.
2. Stand or sit comfortably with your shoulders relaxed.
3. Begin gently shaking out your wrists, letting your hands stay loose and heavy.
4. Notice the sensations in your arms as you release tension.
5. Take a slow breath in and a longer exhale out as you let your wrists go limp.
6. Pause and notice how your body feels afterward.

Key Takeaway:

When you remind your body that the present moment is safe, your stress response naturally turns off.

01

Weekly Reflection

Q1

What emotions or sensations did you notice most often in your body this week, and what did they reveal about your thinking?

Q2

How did calming your body first change the way you experienced your circumstances?

Q3

What did you learn about your ability to regulate yourself on purpose instead of reacting automatically?

OVERVIEW

This week is about learning to see your thoughts clearly and understand how your mind shapes your emotions and reactions.

You've spent the past week calming your body and teaching your nervous system that it's safe to relax.

Now that your body is more regulated, your mind is more open to change. This is where you begin to rewire the thought patterns that keep you feeling anxious, pressured, or stuck.

Once you learn to interrupt your unhelpful patterns everything changes. You begin to see that your thoughts are optional, and with awareness, you can choose ones that help you stay calm, balanced, and effective, even in stressful moments.

YOUR FOCUS THIS WEEK

1. Build awareness of your thoughts and how they affect your emotions
2. Separate facts from interpretations
3. Practice choosing thoughts that create calm, confidence, and clarity



Daily Practice Tracker

| Day | Tool Practiced | How I Felt Before | How I Felt After |
|-----------|----------------|-------------------|------------------|
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Sunday | | | |



Free write, unfiltered, all the thoughts you have about your stressor or situation. Why is your situation a problem? What are you making it mean about you or your future that is causing you to feel emotional discomfort?

- 19 -



Daily Worksheet

Q2 Review what you wrote and see if you can identify the strongest thought that is causing you to feel the emotional discomfort.

Q3 Get some perspective. How is that thought not true? How is the opposite of that thought true? What evidence can you find to counter that thought? What else is true right now?

Q4 How do you wish you could feel about your stressor? Calm, confident, neutral, other?

Daily Worksheet

Q5

Brainstorm new thoughts. What feels true or believable right now, even if it's just a little softer or more neutral? What are you open to believing? What would some people say that you don't believe yet? What has been true in the past? What evidence do you have to support these new beliefs?

Q6

What is a new thought you will practice today? One that makes you feel a shift or even a small sense of relief or ease when you think it.



Weekly Reflection

Q1

What thoughts created the results you experienced this week, and what new thoughts do you want to practice on purpose?

Q2

How did taking responsibility for your emotions change how you showed up in stressful moments?

Q3

Who are you becoming as you learn to manage your mind instead of reacting to it?



Week 3

REWIRING YOUR PATTERNS & IDENTITY

OVERVIEW

This week is about creating lasting change, not just managing stress but becoming the version of yourself who responds differently to it.

By now, you've learned how to calm your body (Week 1) and shift your thoughts (Week 2). This final step brings it all together by helping you rewire old patterns and strengthen new ones at the identity level.

The thoughts you think most often, the emotions you feel most frequently, and the behaviors you repeat all form patterns. Over time, those patterns become familiar, automatic, and part of who you believe you are.

The good news? Patterns are learned, and what's learned can be unlearned. When you begin to imagine, practice, and feel yourself as calm, confident, and capable, your brain literally rewires to support that new identity. You're teaching your mind and body a new normal, one rooted in ease, clarity, and self-trust.

By practicing this new state again and again, you recondition the subconscious patterns that once kept you in stress and replace them with ones grounded in calm and confidence.

YOUR FOCUS THIS WEEK

1. Recognize when old stress patterns appear
2. Visualize and feel yourself responding differently
3. Reinforce your new identity through repetition and awareness

Daily Practice Tracker

| Day | Tool Practiced | How I Felt Before | How I Felt After |
|-----------|----------------|-------------------|------------------|
| Monday | | | |
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| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Sunday | | | |

03 Repatterning Tools

PATTERN INTERRUPTION

Use it When:

You notice yourself reacting in a familiar stressful way: rushing, ruminating, or trying to fix everything, for example.

Why It Works:

Interrupting a pattern in real time breaks the loop between thought, emotion, and behavior. It gives your brain a chance to choose a new path instead of replaying an old one.

Step-by-Step Practice (2 minutes):

1. Notice a stressful reaction starting and pause.
2. Label it silently: "I'm in a pattern."
3. Take one deep breath or use a quick regulating tool from week one (like the Physiological Sigh or Shake It Out).
4. Ask: "How would my calm, grounded self handle this right now?"
5. Take that action, even in the smallest way that feels tolerable for you.

Key Takeaway:

You don't have to change everything at once. Interrupting the loop once is enough to start rewiring it.



Repatterning Tools

FUTURE SELF VISUALIZATION

Use it When:

You want to strengthen new habits, beliefs, and emotional patterns.

Why It Works:

Visualization activates the same neural pathways as real experience.

By repeatedly imagining yourself handling stress calmly, your brain begins to adopt that version of you as your new default.

Step-by-Step Practice (5 minutes):

1. Close your eyes and take a few breaths with a longer exhale.
2. Picture yourself a few weeks or months from now: calm, confident, and grounded.
3. See how you move, speak, and make decisions from that place.
4. Feel the emotions of that version of you: steady, clear, unbothered by chaos.
5. Let your body memorize that feeling by letting it sink in for at least 20 seconds.
6. When you open your eyes, carry that energy into your next task or interaction.

Key Takeaway:

Your nervous system learns through repetition and emotion. Each time you visualize your calm, capable self, you're training your body and mind to live that way.

03 Repatterning Tools

IDENTITY AFFIRMATION PRACTICE

Use it When:

You want to reinforce the qualities you're building: calm, confidence, balance, self-trust.

Why It Works:

Affirmations aren't about repeating empty words. They're about consciously choosing statements that align your mind and body with your desired identity.

When practiced with emotion and belief, they rewire how you see yourself.

Step-by-Step Practice (3 minutes):

1. Choose one identity-based statement that feels true or almost true. For example:

- *"I'm learning to stay calm under pressure."*
- *"I respond to challenges with clarity."*
- *"I'm someone who protects my peace."*
- *"I lead myself with balance, not pressure."*
- *"I trust myself to handle whatever comes next."*

2. Say it slowly and visualize yourself living it.

3. Breathe as if your body already believes it.

4. Repeat daily, especially during or after stress.

Key Takeaway:

You become who you repeatedly tell yourself you are.



Weekly Reflection

Q1

What old identity or story did you let go of this week?

Q2

Who are you choosing to become now, and what thoughts support that version of you?

Q3

What specific thoughts or practices will you repeat to make this new way of being your default?

Congrats, You Did It!



You've completed the 21-Day Stress Reset! Take a moment to really let that sink in.

You made a commitment to your well-being, and you followed through.

That in itself rewires something powerful: your trust in yourself.

Over these 21 days, you've learned to:

- Calm stress in real time by working with your body, not against it
- Recognize how your thoughts shape your emotions and experiences
- Shift your perspective and interrupt old patterns before they take over
- Create space for calm, clarity, and presence, even when life is full

What you've practiced here is more than a set of tools, it's a new way of relating to yourself and your life.

You now know how to guide your system back to calm, shift your mindset intentionally, and make choices from grounded awareness instead of reactivity.

That's the essence of emotional resilience: not avoiding stress, but meeting it with steadiness, self-awareness, and confidence in your ability to handle it.

How to Keep the Momentum Going

Lasting change comes from application. These tools work best when they become part of your daily rhythm: small, repeatable actions that keep your system balanced and your mind clear.

Here are a few ways to stay connected to this work:

1. Keep Using the Tools

You don't have to use all of them every day.

Pick one or two that help most in the moment: a breath, a body scan, a quick thought check and return to them when stress arises.

2. Revisit Your Stress Reset Guide

Use your notes and reflections as reminders of how far you've come.

Whenever you feel off track, come back to the practices you know work.

3. Integrate These Questions into Your Day:

- *What's happening in my body right now?*
- *What story am I telling myself?*
- *What else could be true here?*
- *How would my calm, grounded self respond?*

Each of these questions shifts your state and opens new possibilities in the moment.

4. Practice Your Future Self

Continue visualizing and embodying the version of you who leads with calm and clarity.

The more often you do, the stronger those neural pathways become, until this way of being feels natural and automatic.

Ready to Go Deeper?

If you've experienced what's possible in these 21 days, imagine what can happen when you take this work to the next level.

The Live Better Self-Paced Program builds on everything you've learned here, but goes far beyond quick resets. It helps you retrain your nervous system and subconscious patterns at the root, so calm, clarity, and confidence become your default way of being, not just tools you use when you're stressed.

You'll learn how to:

- Regulate your emotions in real time, even in high-pressure moments
- Quiet the inner critic and rewire long-standing thought loops
- Set boundaries and communicate clearly without guilt or overexplaining
- Build self-trust so decisions feel lighter, clearer, and aligned

Inside the program, you'll get:

- Step-by-step modules that go deeper into the mind-body connection
- Guided somatic practices to recondition your stress patterns for good
- Private coaching support to personalize your breakthroughs
- Lifetime access to your emotional regulation tools and future updates

Think of it as your emotional fitness plan: practical, science-based, and designed to create permanent change.

Investment: \$697

For less than the cost of a few therapy sessions, you'll gain lifelong tools to stay steady, centered, and in control, no matter what life brings.

 **[Click here to learn more]**