*Excerpt from the Guidebook:*

**Carving Out Time for Self-Practice**

Our nervous systems have the capacity to change and heal, but they only do so incrementally over time with continued awareness and intentional practice. In other words, to create effective change, we have to apply a practice over and over again in order to support new possibilities and shifts.

It can be overwhelming for those of us who are already stressed out by life demands to hear that we will have to make space in our day to do more work in order help our nervous settle and recover.

**Key Components:**

● Minimal time commitment
The practices used in the RESET approach are simple, portable and easy to implement. Many of these practices only require seconds or minutes each day. Some of the practices will need a bit more time but not more than 5-10 minutes, 2-3 times a week.

● Sequential development
The practices are developed sequentially based on your nervous system response and tolerance. This means that you will begin working with certain exercises, and once they are well-integrated, you will be able to use them without much effort. By then, the next set of practices will be introduced to you. In this way, you will develop a comprehensive first-aid kit for nervous system self-care without having to learn it all at once or becoming overwhelmed in the process. Positive change with minimum time investment.

● Empowerment and Agency
Once you are up to speed with the range of practices offered here, you will have choices of how to best support yourself in the moment when you notice your stress levels rising and your capacity diminishing

​*Commit to carving out 5minutes/day for your personal self-care these next 16 weeks as you participate in the Nervous System RESET Program.*

As you progress through the program and begin to notice positive shifts, you might find it easier rather than more challenging to set aside even more time for continued self-practice​.

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