



The 7-Day Somatic Reset

A Gentle Daily Practice to Calm Your Nervous System,
Release Stress, and Reconnect to Your Body

Less than 10 minutes per day. No experience required.

How to Use This Reset

- Choose a quiet space where you feel safe
- Move slowly, **this is not exercise**
- Stop anytime you feel overwhelmed
- Curiosity > effort

Reminder:

Healing happens through safety, not force.

Day 1 — Creating Safety in the Body

Purpose: Establish a sense of physical and emotional safety

Why it matters: The nervous system cannot relax until it feels safe

Practice (5–7 minutes):

1. Sit or lie comfortably
2. Place one hand on your chest, one on your belly
3. Inhale slowly through the nose
4. Exhale longer than you inhale
5. Gently press your hands into your body and release

Somatic Cue:

“Right now, I am safe.”

What to Notice:

Warmth, grounding, a subtle sense of settling

Day 2 — Releasing Stored Tension

Purpose: Let go of held stress without forcing release

Why it matters: The body stores unresolved stress and emotion

Practice (5–8 minutes):

1. Slowly shrug your shoulders up toward your ears
2. Hold briefly
3. Release and sigh
4. Roll shoulders gently forward and back
5. Shake arms lightly if it feels good

Somatic Cue:

“I don’t have to hold this.”

What to Notice:

Spontaneous breath, tingling, or emotional softening

Day 3 — Grounding Through the Feet

Purpose: Anchor your nervous system to the present moment

Why it matters: Grounding reduces anxiety and mental looping

Practice (5 minutes):

1. Stand or sit with feet flat on the floor
2. Press your feet gently downward
3. Release
4. Repeat slowly
5. Imagine the floor supporting you

Somatic Cue:

“I am supported.”

What to Notice:

Stability, balance, decreased mental noise

Day 4 — Regulating the Breath

Purpose: Activate the body's natural calming response

Why it matters: Breath is the fastest way to influence the nervous system

Practice (5 minutes):

1. Inhale through the nose for 4
2. Exhale through the mouth for 6
3. Pause briefly at the bottom
4. Repeat gently

Somatic Cue:

"Slow is safe."

What to Notice:

Lowered heart rate, calm focus, reduced tension

Day 5 — Releasing the Jaw and Face

Purpose: Soften unconscious stress patterns

Why it matters: The jaw and face hold emotional tension

Practice (5 minutes):

1. Gently open your mouth
2. Massage jaw muscles lightly
3. Let your tongue rest on the floor of your mouth
4. Yawn or sigh if it happens naturally

Somatic Cue:

“I allow ease.”

What to Notice:

Head clarity, emotional release, relaxation

Day 6 — Orienting to Safety

Purpose: Teach the nervous system that the present moment is safe

Why it matters: Trauma keeps the body stuck in the past

Practice (5 minutes):

1. Slowly look around the room
2. Name (silently or aloud) 5 things you see
3. Turn your head gently — not your eyes
4. Let your gaze land on something comforting

Somatic Cue:

“I am here, and I am okay.”

What to Notice:

Alert calmness, grounding, reduced hypervigilance

Day 7 — Integration & Self-Trust

Purpose: Integrate the week and reinforce self-trust

Why it matters: Consistency builds nervous system resilience

Practice (5–7 minutes):

1. Place one hand on your heart
2. Take 3 slow breaths
3. Recall one moment this week you felt calmer
4. Let your body register that success

Somatic Cue:

“My body knows how to heal.”

What to Notice:

Confidence, inner steadiness, self-connection

This 7-Day Somatic Reset is just the beginning.

Your body is not broken.

Your nervous system is not failing you.

It has simply been protecting you.

With the right tools, safety, and guidance, healing becomes possible — gently, naturally, and sustainably.

Want to Continue?

👉 *Explore the full 21-Day Somatic Reset*

👉 *Work with me through Unbreakable Coaching*

👉 *Learn how movement, somatics, and trauma-informed fitness work together*

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