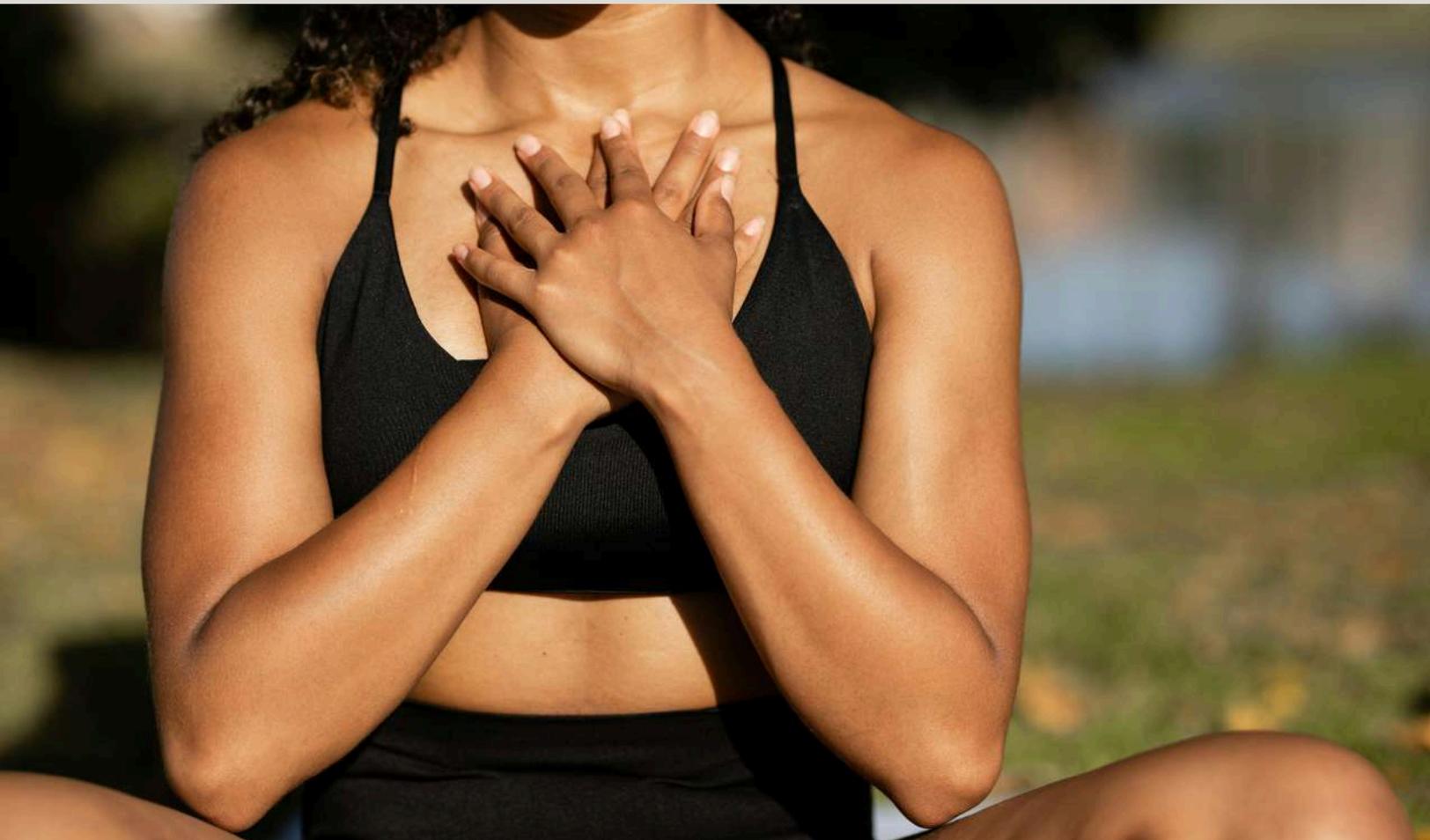


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# THE 7-DAY NERVOUS SYSTEM RESET

How to Create Safety, Set Boundaries, and Protect  
Your Energy This Year

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# BEFORE YOU BEGIN

This is not a challenge.  
This is not a resolution.

This is a **reset of your standards.**

This year, we are not asking your body to do more.  
We are teaching it how to feel **safe enough to thrive.**

Your nervous system is the foundation of:

- your health
- your hormones
- your digestion
- your inflammation levels
- your ability to lose weight sustainably
- your ability to rest, receive, and feel secure

Nothing changes until your body feels protected.

For the next seven days, you are not fixing yourself.  
You are setting boundaries that signal safety.

# DAY 1

**Theme:** Awareness is the first boundary

A regulated life starts with noticing what overwhelms you.



## **Nervous System Practice**

- One hand on your chest
- One hand on your lower belly
- Inhale through your nose for 4
- Exhale through your mouth for 6

Repeat 5 times.

## **Boundary Focus**

Today, your only boundary is awareness.

Notice:

- Where do you feel rushed?
- Where do you feel pressure?
- Where does your body tense automatically?

No fixing. No judging.



# DAY 2

**Theme:** Not everything deserves immediate access to you

A dysregulated woman reacts. A regulated woman pauses.

## **Nervous System Practice**

Before responding in any conversation, making a decision, or eating a meal today:

- Pause
- Inhale for 4
- Exhale for 6

Repeat 3 times.

## **Boundary Focus**

Your boundary today: I do not respond from urgency.

You are allowed to:

- wait
- think
- breathe





# DAY 3

**Theme:** Restriction is not a standard

Your body cannot heal if it feels deprived.

## **Nervous System Practice**

Choose ONE today:

- Eat one meal without distractions. No phone, not television and not while driving.
- Choose a warm, grounding meal or drink
- Slow down your first five bites or sips.

Repeat 3 times.

## **Boundary Focus**

New standard: I do not use food to control myself.

Food is nourishment, not punishment.





# DAY 4

**Theme:** Movement Without Self-Betrayal

Movement should calm your nervous system. While resetting your nervous system, the key is gentle movement versus high interval training.

## **Nervous System Practice**

Choose gentle, intentional movement:

- Walking
- Stretching
- Slow strength training
- Yoga or mobility

Breathe through every movement.

## **Boundary Focus**

New requirement: I move my body in ways that support my energy, not deplete it.





# DAY 5

**Theme:** You are allowed to feel without fixing

Unprocessed emotion keeps the nervous system on high alert.

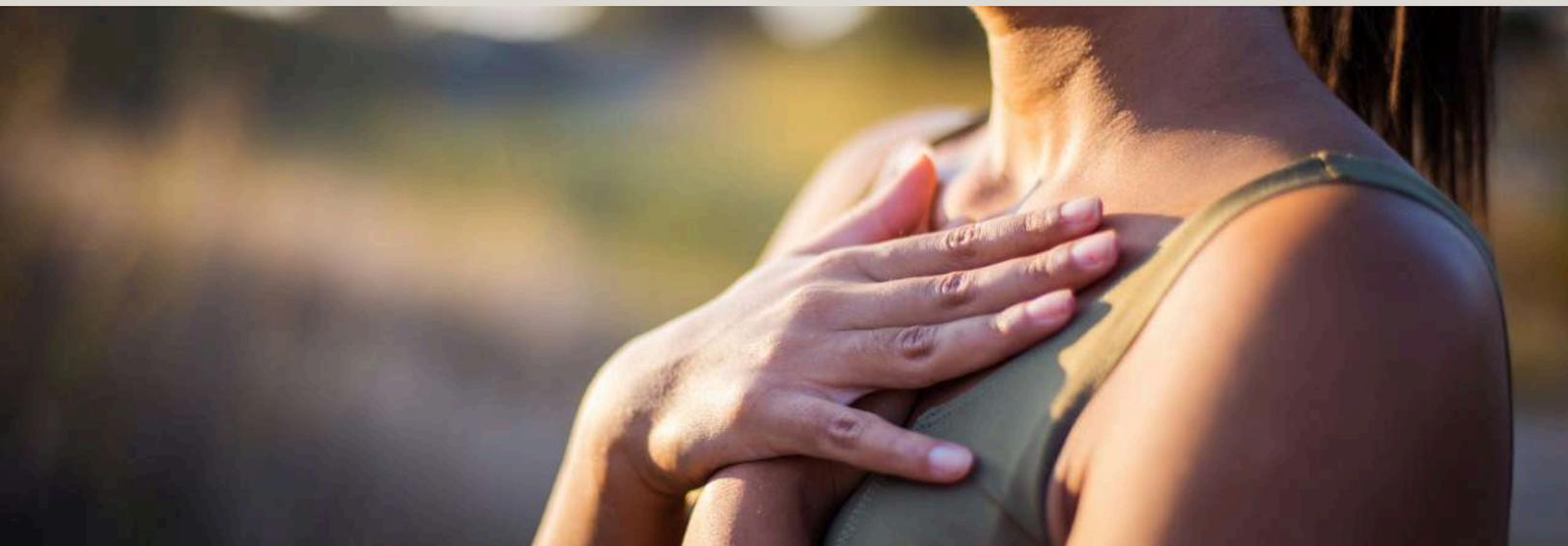
## Nervous System Practice

Set a 5-minute timer.  
Sit quietly.  
Let emotions surface without distraction.

Tears, sighs, yawns = regulation. It is okay. You are safe.

## Boundary Focus

New standard: I do not minimize my emotions to keep the peace.







# DAY 6

**Theme:** How you speak to yourself sets your internal environment

Your nervous system listens to your inner voice.

## **Nervous System Practice**

Stand in front of a mirror.  
Look into your eyes.

Say out loud:

"I am safe with you."

"I am listening now."

"I do not abandon myself anymore."

## **Boundary Focus**

New standard: I do not speak to myself in ways that create fear.



# DAY 7



**Theme:** Boundaries are not walls, they are protection

Today is about integration.

## Nervous System Practice

One hand on heart.  
One on belly.  
5 slow breaths.

Whisper:  
"I choose safety."  
"I choose standards."  
"I choose myself."

## Boundary + Standards Audit

Write down:

- 1 boundary you are committing to protect your nervous system
- 1 standard around food, rest, or work
- 1 requirement for how you allow others to treat you







You don't need another resolution.  
You need boundaries that protect your nervous system.

When a woman feels safe:

- inflammation reduces
- weight stabilizes
- digestion improves
- hormones regulate
- confidence returns

This is how healing becomes sustainable.

This is how you stop surviving and start thriving.

This is how the year truly begins.



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## YOU'RE NOT DONE – YOU'RE JUST GETTING STARTED

If you completed this reset, take a breath and acknowledge that you showed up for your nervous system. That matters.

If questions came up, if something shifted, or if you realized you need more support, you're welcome to reach out.



Email: [hello@ashikalessani.com](mailto:hello@ashikalessani.com)

If you want to track your progress or share your experience, feel free to post and tag me using this prompt:

"After 7 days of supporting my nervous system, I've noticed..."

This reset is a foundation. Keep choosing safety, nourishment, and higher standards for your health.

You're doing better than you think.

