

Your 15-Minute Regulation Reset

A Gentle Guide from Wake-Up to Ready



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Step 1 (0-8 Minutes)

Gentle Movement

Gentle movement first thing in the morning can help rebalance and regulate your nervous system, allowing you to begin the day feeling calm, centered, and grounded.

Follow along with this 5-minute practice

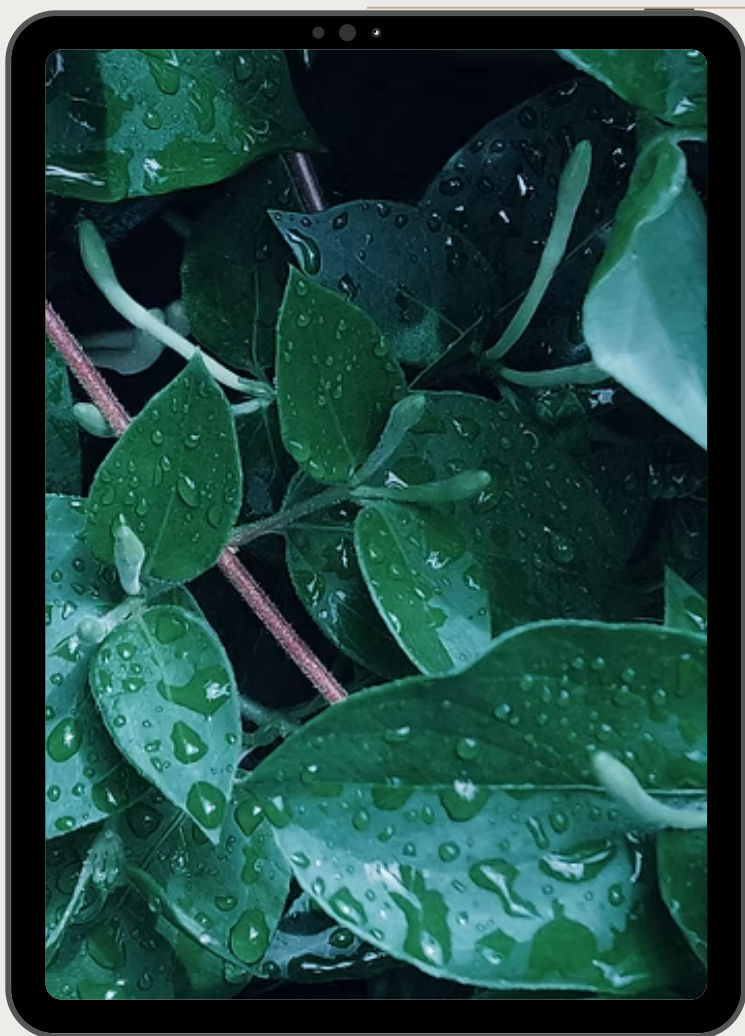
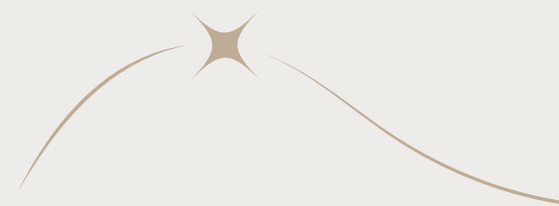
[PRESS PLAY HERE](#)



Step 2

(5–7 Minutes)

Breathe With Music



Play your own or listen here

[LISTEN ON SPOTIFY](#)

To gently wake up and regulate your nervous system, try slow, deep diaphragmatic breathing with 2 minutes of the ‘physiological sigh.’

Perform two short inhales followed by a long exhale “sigh”) to activate the parasympathetic nervous system and bring a sense calm.

Step 3

(7-12 Minutes)

Tapping Technique



EFT (tapping) helps calm the nervous system by combining touch on acupressure points with focus on emotions. This lowers stress, grounds you in the present, and shifts the body from 'fight or flight' into balance.

Follow along for this 5-min practice

[WATCH HERE](#)

Step 4

(12-15 Minutes)

Daily Insights



Take a few minutes and write down three tasks you wish to enjoy today, and three things you can release, that no longer require your energy.

Keeping it simple and realistic sets you up for a clear, confident start to the day. You can come back to these regulation techniques any time you need throughout your day.

Consistency Makes It Effortless

Follow these steps daily, and soon your mornings will feel lighter, calmer, and more intentional—setting the tone for the entire day.

Read the full article that inspired this guide on Substack



[READ IT HERE](#)