

THE 5-DAY NERVOUS SYSTEM RECALIBRATION

Hey!

Thank you for taking your first steps to healing your CNS and your body!

Over the next few pages I will show you how to recalibrate your nervous system!

Are you ready?

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Introduction:

The 5-Day CNS Recalibration Protocol

Built for people with high-functioning burnout, adrenal-driven anxiety, and people stuck in sympathetic overdrive.

Every piece is designed to shift YOU from fight-or-flight dominance into parasympathetic regulation through behavior, biology, and identity anchoring.

Day 1 – Calm the Storm

Goal:

Drop your body out of survival mode so it can finally relax.

Actions:

1. Delay caffeine for 90 minutes after waking.
2. Drink 16oz water with a pinch of salt and a squeeze of lemon.
3. Take 5 minutes for slow, deep nasal breathing.
4. Step outside for at least 5 minutes of natural sunlight.

Why it Works:

When you wake up, your stress hormone (cortisol) is already high. Slamming caffeine right away spikes it even more, keeping your nervous system in overdrive. Hydration, sunlight, and calm breathing tell your body it's safe which starts the reset process.

Coach's Note:

I know you're used to hitting the ground running. But today, we slow it down. This is you telling your body: we're in control now.

Day 2 – Stabilize Your Energy

Goal:

Keep your blood sugar steady so your nervous system stays calm.

Actions:

1. Eat within 60 minutes of waking, a warm protein-rich meal.
2. Avoid high-sugar snacks or drinks before lunch.
3. Include protein, fat, and carbs in every meal today.
4. Walk for 10 minutes after at least 2 meals.

Why it Works:

Big spikes and crashes in blood sugar stress your nervous system and gut. Balanced meals and post-meal walking keep your energy smooth and your brain clear.

Coach's Note:

Don't overthink this, just eat real food in balance. If your plate looks like a grown adult made it, you're on the right track.

Day 3 – Reduce the Noise

Goal:

Lower the constant stress signals hitting your brain.

Actions:

1. Spend the first 60 minutes of your day without social media or emails.
2. Take one 10-minute break mid-day to walk, stretch, or sit in silence.
3. Do 2 minutes of slow nasal breathing before each meal.
4. Cut caffeine after 2pm.

Why it Works:

Your nervous system reacts to stimulation the same way it reacts to threats. Cutting mental 'noise' and reducing late-day stimulants keeps you out of fight-or-flight.

Coach's Note:

You're not missing anything online. The world can wait. Your recovery can't.

Day 4 – Sleep Like It Matters

Goal:

Give your body the deep recovery it's been begging for.

Actions:

1. No screens for 30–60 minutes before bed.
2. Keep your room cool and dark.
3. Take magnesium glycinate 30 minutes before bed.
4. Do 5 minutes of nasal breathing lying down before sleep.

Why it Works:

Good sleep is the fastest way to reset your nervous system. The more your body can cycle into deep, restorative sleep, the faster you heal and rebuild.

Coach's Note:

You wouldn't skip your workouts, don't skip your recovery. This is where the magic happens.

Day 5 – Lock It In

Goal:

Anchor these habits so your nervous system stays balanced long-term.

Actions:

1. Review the last 4 days, pick 2 habits you'll keep daily.
2. Plan your meals and training for the week ahead.
3. Block 15 minutes a day for stress relief.
4. Keep caffeine under 300mg total for the day.

Why it Works:

The nervous system responds to consistency. Even a few small habits, repeated daily, can keep you regulated and out of burnout.

Coach's Note:

This isn't the end, it's the baseline you, come back to anytime you start to slip.

Your Next Step

Your nervous system is your foundation.

If it's running hot, everything else breaks down, your gut, your recovery and your progress.

You've just learned the exact 5-day reset I give myself and clients when their system is fried, but the real magic happens when we custom-build it for your training, your body, and your goals.

If you're ready to:

- Eliminate gut issues and constant burnout
- Regulate your nervous system so you can push hard again
- Build a body that performs year-round without breaking down

Message me "RESET" today and let's start your rebuild.