



THE ENERGY & STRESS RESET GUIDE

Whether you're feeling anxious, overwhelmed, or simply running low on energy, this guide offers simple, science-backed tools to help you reset. Using the Spoon Theory and nervous system regulation techniques, you'll learn how to recognize your stress response, protect your energy, and refill your "spoons" throughout the day—so you can feel more balanced, present, and in control.

THE SPOON THEORY

PROTECTING YOUR ENERGY STARTS WITH UNDERSTANDING IT

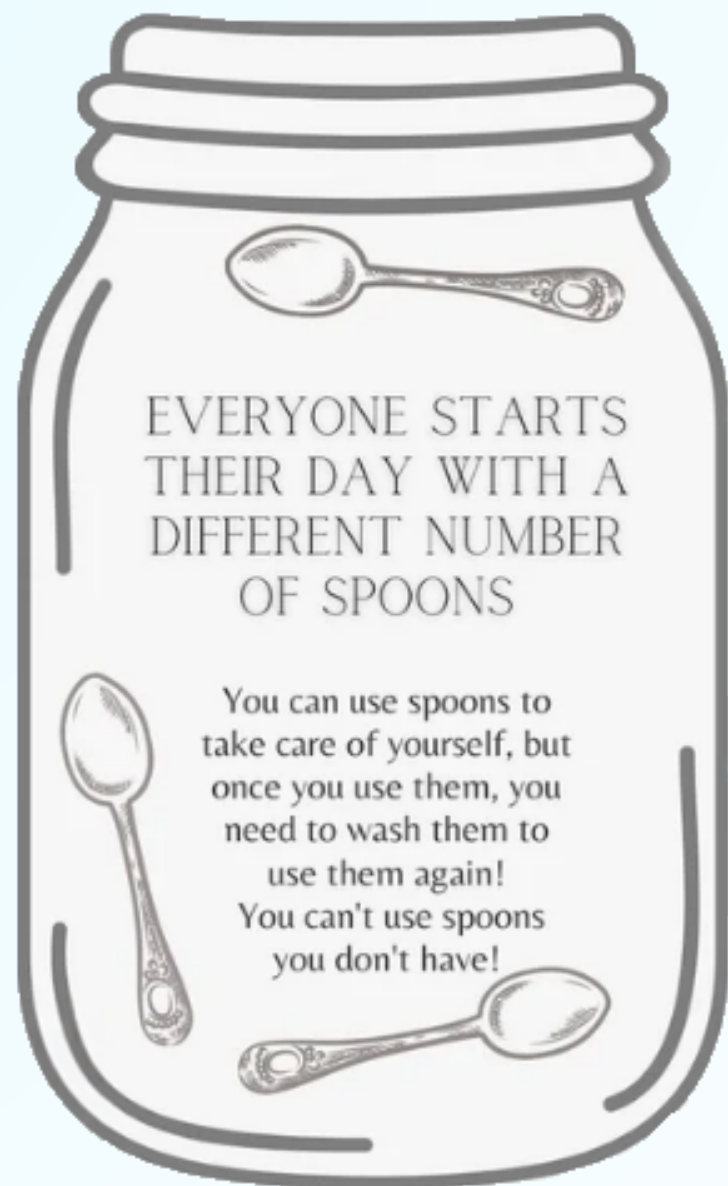


Think of your energy like a jar of spoons. Each "spoon" represents your ability to function—physically, mentally, and emotionally—throughout the day.

🔑 What Are Spoons?

- Everyone starts the day with a different number of spoons.
- Every action you take—getting out of bed, commuting, answering emails, helping others—costs a spoon (or more).
- Once you're out of spoons, you're running on empty.

You can't use spoons you don't have. This is why stress management isn't optional—it's essential.



🔄 Replenishing Your Spoons

Spoons aren't just lost—they can also be restored.

Try adding more spoons to your day by:

- Taking short breaks
- Setting boundaries (It's okay to say no!)
- Doing something joyful, even for 5 minutes

NERVOUS SYSTEM REGULATION

SIMPLE TOOLS HELP REGULATE YOUR NERVOUS SYSTEM



If You're Anxious, Jittery, or Overthinking

(Fight or Flight Mode)

Goal: Ground + Slow Down

Box Breathing

- Inhale 4, hold 4, exhale 4, hold 4. Repeat 3–5 times.

5-4-3-2-1 Grounding

- Name 5 things you see,
- 4 you can touch,
- 3 you can hear,
- 2 you can smell,
- 1 you can taste.

Cold Splash

- Rinse your face or wrists with cold water to activate the vagus nerve.

Shake It Out

- Stand up and shake your arms and legs like you're shaking off tension.

Self-Holding

- Cross your arms and gently squeeze your shoulders—like giving yourself a hug.

If You're Numb, Disconnected, or Shut Down

(Freeze or Fawn Mode)

Goal: Activate + Come Back

Finger Taps

- Tap your thumb to each finger while repeating:
- "I'm safe. I'm here. I'm okay."

Humming or Singing

- This stimulates the vagus nerve and helps bring you back to the present.

Jumping Jacks or Dancing

- Gentle movement can reawaken your energy system.

Step Into Sunlight

- Go for a 3-minute walk, feel the fresh air, and reconnect with the world.

Name What You Feel

- Say out loud: "Right now I feel..."
- Naming emotions helps release them.

ANYTIME RESET TOOLS

SIMPLE WAYS TO RESET, RECONNECT,
AND REFILL YOUR SPOONS.



Hand on Heart + Belly

Place one hand on your heart and one on your belly.
Take 3–5 slow, intentional breaths.

This calms your system and brings you into the present.

Drink Water Slowly

Sips—not gulps—help with hydration and nervous system regulation.
Dehydration can sneakily add to fatigue, brain fog, and stress.

Set Boundaries Gently

Protect your energy by saying “not right now” or “I’ll circle back later.”
You don’t owe anyone an explanation.

Rest Without Guilt

Rest is productive. Taking care of yourself is how you stay capable
of caring for others.