

SANVELOP HOLISTIC WELLNESS



Somatic 3-Minute Reset

A SIMPLE BODY-BASED PRACTICE TO
USE ANYTIME YOU FEEL
OVERWHELMED.

www.sanvelopwellness.com



HELLO LOVELY

My name is Katrina-Louise

AND I EMPOWER WOMEN TO CREATE
BALANCE BACK INTO THEIR LIFE USING MY
MIND, BODY & SPIRIT APPROACH.

- ~ Holistic Wellness Coach
- ~ Somatic, Mind-Body Coach
- ~ Trauma Informed Somatic Body Therapist & Energy Healer
- ~ Holistic Esthetician

Purpose of this Reset

Use this reset to interrupt stress quickly by helping your body shift from tension into regulation. The sequence combines grounding, breath, and gentle contact so your nervous system can settle and recover with ease. It's designed to be simple, accessible, and effective anytime you feel overwhelmed, scattered, or disconnected.

How to Use this Reset

- ✓ **Use it anytime you feel overwhelmed:**
A quick way to pause, ground, and reconnect with your body when stress spikes.
- ✓ **Repeat it daily to build regulation:**
Practicing this reset regularly helps your nervous system settle more easily over time.
- ✓ **Come back to it whenever you need support:**
Use it as a reliable tool when you feel tense, scattered, or emotionally activated.

SOMATIC PRACTICE

The 3-Minute Body Reset

Stuck in a spiral of stress? Your body holds the key to calming down—no deep meditation required. Use this 3-minute practice to shift out of overwhelm and back into calm focus.



FEEL THE CHAIR (GROUNDING)

- Notice how your sit bones connect to the chair
- Feel the temperature and texture beneath you
- Gently wiggle your hips to settle into support
- Let your body feel anchored by the surface holding you

Why it works: Grounding brings you out of your head and back into the present moment.



THE SHOULDER SIGH (RELEASE THROUGH BREATH)

- Inhale deeply through your nose and lift your shoulders
- Hold for one second to gather the tension
- Exhale with a long “HAAAH” or slow pursed-lip breath
- Repeat two cycles and notice the release in your chest

Why it works: The long exhale activates the vagus nerve and tells your body it is safe to relax.



HAND-TO-BODY ANCHOR (SETTLE THE NERVOUS SYSTEM)

- Place one hand on your chest and one on your belly
- Apply light pressure and breathe slowly into both hands
- Notice the rise and fall beneath your palms
- Stay for 30–60 seconds as your body begins to settle

Why it works: Grounding brings you out of your head and back into the present moment.

The Somatic Benefit

These techniques reduce stress by working directly with your body's natural regulation systems.



Grounding brings your attention out of your head and into the present



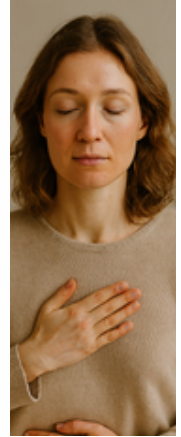
The long exhale activates your vagus nerve and signals safety



Gentle touch supports emotional regulation and lowers stress responses



Each step works with your body's natural mechanisms for calming



A Gentle Reset for Your Nervous System

You don't need long practices or deep meditation to reset stress. Your body responds to grounding, breath, and gentle contact with steady relief and increased regulation.

Use this simple reset whenever you feel overwhelmed, scattered, or tense, and notice how your system settles with consistency and care.



REMEMBER

Small, body-based shifts practiced regularly create meaningful change over time.

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Weekly Practice Tracker

Use this tracker to build consistency with your somatic practices. Check off each day you complete an exercise.

PRACTICE	MON	TUE	WED	THU	FRI	SAT	SUN
Monday	☐	☐	☐	☐	☐	☐	☐
Tuesday	☐	☐	☐	☐	☐	☐	☐
Wednesday	☐	☐	☐	☐	☐	☐	☐
Thursday	☐	☐	☐	☐	☐	☐	☐
Friday	☐	☐	☐	☐	☐	☐	☐
Saturday	☐	☐	☐	☐	☐	☐	☐
Sunday	☐	☐	☐	☐	☐	☐	☐

Weekly Reflection

What did you notice in your body this week?

READY TO FEEL YOUR ABSOLUTE BEST?

There are many options and healing modalities out there & can become confusing to know where to begin.

Investing in a Somatic, Mind-Body therapist & coach isn't just about changing habits, it's about gifting yourself more 'you-time' to rejuvenate, to recalibrate, and to nurture your health journey.

Consider me your wellness ally, your guiding hand, here to help you streamline your goals, bring clarity to your health journey, and uplift your overall well-being.



LET'S CHAT

In this complimentary, no-commitment session, we'll discuss your health objectives, your wellness aspirations, and explore how we can work together to ignite your health journey. Let's shift your daily life from overwhelm to vibrant well-being.

[BOOK A CALL](#)

Thank You

Somatic healing is a journey of reconnection, a homecoming to the body, mind, and spirit. Through practices of presence, movement, awareness, and compassion, we learn to soften the edges of survival and step into a space of safety and embodiment.

This work doesn't ask us to be perfect or fixed. It simply asks us to show up for ourselves, again and again, with gentleness. Each breath, each pause, each moment of listening is a powerful act of healing.

You have everything within you to regulate, release, and rise. Let somatic healing be your anchor in a fast-moving world. Let it be the quiet rhythm you return to when things feel overwhelming. And most of all, let it be a reminder that your body is not the enemy. It is the guide.

You are not broken. You are becoming.
Keep coming back home to yourself.

Explore my Website to see how
Somatic Therapies or coaching can
help you.

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