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# Sustainer's Survival Kit

Four simple resets to calm your nervous system and return to yourself in minutes.



# Welcome

You've been carrying it all, the schedules, the meals, the mess, the emotions. You're the one people lean on, the one who makes sure things get done.

But here's the truth: in the process of holding it all together, you've been running on fumes. And while you're strong enough to keep going (because of course you are), that doesn't mean you should.

What you need isn't another complicated routine or wellness trend that makes you feel like you're failing if you can't stick with it. You need simple, powerful resets that work in real life when the house is loud, your to-do list is longer than your patience, and your nervous system is hanging by a thread.

That's what this kit is. Four quick, effective ways to shift your energy in minutes, to breathe deeper, move better, and feel more like yourself again.

Think of it as your emergency exit strategy for stress, minus the inflatable life jacket and awkward plane demo.

You don't need perfect conditions. You don't need hours. You just need a few minutes, a little willingness, and the reminder that you're worth the reset.

Kelly



## WHAT IS YOUR NERVOUS SYSTEM

Let's get one thing straight: when you feel stressed, scattered, or completely drained, it's not because you're weak. It's because your nervous system is running the show.

It's the communication highway between your brain and your body — and it decides how you respond to life. The big stuff. The small stuff. Even the "my kid's school just texted me AGAIN" stuff.

Here's the quick breakdown:

- Fight or Flight: Survival mode. Your body acts like there's danger (even if it's just your inbox). Heart races, breath gets shallow, muscles tense.
- Freeze: Overwhelm overload. You check out, feel foggy, or think, "I can't do one more thing."
- Rest and Digest: Safety mode. Breath deepens, shoulders drop, brain clears. This is where calm lives.

The problem? Most of us are stuck in fight, flight, or freeze — and barely touch rest and digest. No wonder we're exhausted.

The good news? Your nervous system isn't broken. It just needs a reminder of how to reset.

That's exactly what the practices in this kit are for. Each one is designed to send a message to your body: "It's safe. You can let go now."

## HOW TO USE THIS KIT

First things first, this isn't homework. You don't need to master all four resets tomorrow.

In fact, please don't. The whole point is to give you quick ways to shift your energy when life is loud, not another routine that makes you feel behind.

Here's how to work with this kit:

- 1. **Start with one**. Pick the reset that speaks to you right now. Use it. See how it feels.
- 2. **Don't rush**. These take just a few minutes, but the impact builds when you come back to them again and again.
- 3. **Match the moment**. Each reset works best in different situations (see the "When Life Hits" section at the end for quick quidance).
- 4. **Keep it simple**. These aren't performance pieces. No one's grading you. Just show up, breathe, move, and notice.
- 5. **Return often.** The more you use them, the more your nervous system learns, "Oh, this is how we reset now."

Bottom line: use these resets as lifelines when you need them most. They're not about perfection, they're about giving yourself the reset you already deserve.

# Reset 1 The Energy Grounder

Time Needed: 3 minutes

### What it is

Your "pause button." When your brain won't stop racing, when your body is tense, when you feel like you're two seconds from snapping, this reset pulls you out of the spin and brings you back into your body.

### Why it works

When you're stressed, your nervous system flips into fight-or-flight mode. Your breath gets shallow, your shoulders creep up, and your body acts like you're being chased by a lion (when really, it's just your inbox or your teenager's attitude).

A slow inhale and a longer exhale signals safety to your body. It tells your brain, "We're okay. Stand down." And when you add a simple visualization, you redirect scattered energy back into center.

Translation: Sometimes the fastest way to calm your mind is to steady your breath.

### How to do it

- 1. Plant your feet flat on the ground. Yes, both of them. No pretending you can half-scroll Instagram while doing this.
- 2. Place one hand on your chest, one on your belly. Close your eyes if you can.
- 3. Inhale through your nose for a count of 4. Imagine golden light pouring in through the top of your head.
- 4. Exhale through your mouth for a count of 6. Imagine that light traveling down your spine, out through your feet, and into the ground.
- 5. Repeat this cycle for 5 breaths. Each exhale, let your shoulders drop lower than you thought possible.

### When to use this

- Before walking into a difficult conversation (boss, teen, partner, pick your poison).
- When your heart is racing for no reason.
- After scrolling the news and wondering why humanity is like this.
- Anytime you catch yourself holding your breath (spoiler: you probably are right now).

### Immediate effect

- · Your breath slows.
- Your body softens.
- Your mind finally takes its foot off the gas.
- You feel anchored, steady, and a little more like yourself again.



# Reset 2 The Exhale Reset

Time Needed: 2-3 minutes

### What it is

Your pressure valve. When you've been holding it all in, the breath, the tension, the eye-rolls you don't let out, this reset gives you permission to release. It's a few big sighs that tell your body, "You don't have to hold this anymore."

### Why it works

Your nervous system is brilliant. When you sigh, you're not being dramatic, you're actually resetting your breath pattern and signaling calm to your brain. Research shows sighing lowers stress hormones. Energy medicine teaches that sound moves stagnant energy out of the body.

Translation: those heavy sighs you've been accused of? They're medicine.

### How to do it.

- 1. Sit or stand comfortably. Drop your shoulders.
- 2. Inhale deeply through your nose, filling your belly like a balloon.
- 3. Open your mouth wide and exhale with a big, noisy sigh. Think: "teenager asked to unload the dishwasher" or "me at 6 p.m. staring into the fridge."
- 4. Repeat 3-5 times. Each one a little deeper, a little louder.
- 5. Pause and notice. Does your body feel softer?

### When to use this

- When your jaw is so tight you could crack a walnut.
- When your shoulders are auditioning to be earrings.
- Mid-afternoon slump, instead of pouring another coffee.
- Anytime you feel like you're about to snap and would prefer not to.

### Immediate effect

Your shoulders drop. Your breath deepens. That buzzing, bottled-up energy starts to move. You feel relief, like you just set down a heavy bag you didn't realize you were carrying.

# Reset 3 The Rhythm Flow

Time Needed: 3-4 minutes

### What it is

This one's about getting unstuck. When you feel frozen from sitting too long, or like your day has swallowed you whole, the Rhythm Flow reconnects your breath and body. A few simple movements can remind you: you still have energy, and it still knows how to move.

### Why it works

When your breath and body fall out of sync, stress builds up. Coordinating gentle movement with slow breathing tells your nervous system, "We're safe, we're in rhythm again." Energy medicine and mindful movement practices like yoga and qigong use this exact approach to clear stagnation and restore flow.

Translation: sometimes the fastest way to change your mind is to move your body.

### How to do it

- 1. Stand with your feet hip-width apart, knees soft.
- 2. Inhale through your nose as you sweep your arms out and overhead, palms facing the sky.
- 3. Exhale slowly as you lower your arms back down, palms toward the ground.
- 4. Repeat 5–6 times, letting your breath and movement sync up.
- 5. On your last exhale, whisper quietly to yourself: "My rhythm is mine."

### When to use this

- After sitting way too long, feeling like a statue.
- When you need to transition; work to home, day to evening, busy to calm.
- After a stressful moment when your body feels like it's buzzing.
- Anytime you want to shake off "stuck" energy.

#### Immediate effect

- Your shoulders and chest open.
- Your breath deepens and slows.
- You feel more like yourself: present, flowing, alive.

# Bonus Reset The Twist & Release

Time Needed: 1-2 minutes

### What it is

A playful spinal twist that shakes off tension, clears mental cobwebs, and gives your energy a quick refresh. Think of it as a reset button you can do standing in your kitchen, office, or anywhere you feel stuck.

### Why it works

Twisting loosens your spine, wakes up circulation, and helps release the stress your body holds onto. Energy practices like yoga and qigong use twists to wring out stagnant energy and restore flow. And because this one feels a little playful, it shifts your mood in the process.

Translation: sometimes all you need is a quick "nope" twist to let your body remember it's not stuck.

### How to do it

- 1. Stand with your feet hip-width apart, knees soft.
- 2. Start gently twisting your torso side-to-side, letting your arms swing loosely around you.
- 3. Let your gaze follow your shoulder, look left, then right.
- 4. Keep it light and easy, like you're saying "nope" to all the nonsense of the day.
- 5. Continue for 30–60 seconds, then slow down and return to stillness.

### When to use this

- Feeling stiff after sitting too long.
- Brain fog after lunch.
- Want a quick burst of energy before moving into the next part of your day.
- Anytime you need to shake off a mood before it sticks.

### Immediate effect

Your spine feels looser, your breath deeper, your energy refreshed. You feel lighter and maybe even smiling.

## Quick Reset Guide

When Life Hits: Your Quick Reset Guide
Because life doesn't wait for perfect conditions, here's how to know which reset to grab
when things go sideways:

### FEELING FRAZZLED & SCATTERED

Your brain won't stop racing, your body's buzzing.

Do the Energy Grounder.

(Feet on the floor, hand on chest + belly, breathe light in and out. Instant calm.)

### SHOULDERS LIVING UP BY YOUR EARS....

Jaw tight, sighs stuck inside, patience running thin.

To the Exhale Reset.

(Big, noisy sighs. Repeat 3–5 times. Instant release.)

### STUCK IN TRANSITION MODE?

Work to home, busy to calm, day into night — and you can't shift gears.

To the Rhythm Flow.

(Arms sweep with breath. Flow in, flow out. Instant rhythm.)

### BRAIN FOG OR STIFFNESS SETTING IN...

Too much sitting, too many tabs open — in your head and on your computer.

To the Twist & Release.

(Side-to-side twist, arms swinging loose. Instant refresh.)

#### FEEL THE SNAP COMING?

You're two seconds from saying something you'll regret.

Do the Exhale Reset.

(Big, noisy sighs. Repeat 3–5 times. Instant release.)

#### CANT GET MOTIVATED?

You're dragging and everything feels heavy.

To the Twist & Release.

(Side-to-side twist, arms swinging loose. Instant refresh.)

#### STUCK IN OVERTHINKING?

Your thoughts are looping, decision fatigue is real.

Do the Energy Grounder.

(Feet on the floor, hand on chest + belly, breathe light in and out. Instant calm.)

#### VEED TO SHIFT GEARS FAST?

You're dragging and everything feels heavy.

To the Rhythm Flow.

(Arms sweep with breath. Flow in, flow out. Instant rhythm.)

★ Keep this cheat sheet handy, on your fridge, in your planner, or wherever life usually hits hardest. The faster you match the moment, the faster you reset.



### BEYOND THE SURVIVAL KIT

These resets are simple BUT they're only as powerful as the attention you bring to them.

For two or three minutes, give yourself permission to be fully present. Focus on your breath, your body, and the moment you're in. No multitasking, no half-scrolling, just you, reclaiming your rhythm one breath at a time.

<u>Because here's the truth</u>: you don't need hours, props, or perfect conditions to shift how you feel. You just need a few mindful minutes and the reminder that your nervous system knows how to reset, if you give it the chance.

### Want to Explore More?

If this guide has sparked something in you and you'd like to dig deeper, here are a few resources worth exploring:

- The Body Keeps the Score by Bessel van der Kolk How trauma and stress live in the body.
- Energy Medicine by Donna Eden Simple daily energy practices.
- Burnout by Emily & Amelia Nagoski How to complete the stress cycle.
- Donna Eden's Daily Energy Routine (YouTube) 5 minutes to reset energy flow.
- Insight Timer App Free meditations and breathwork timers.

You've already proven you can create space for yourself in minutes. Now imagine what happens when you give yourself more. Rhythm Reset Reiki is where we go deeper — a full reset for your nervous system, your energy, and your whole self. Because you're not meant to just keep holding it all together. You're meant to feel rooted, vibrant, and fully alive.

Kelly Sewall

founder of kellysewall.com

Reiki Master | Transformational Coach | Personal Trainer

### **Stay Connected**

Book your Rhythm Reset Reiki Session  $\rightarrow [link]$ 

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Because you don't have to keep holding it all together on your own.

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