

Welcome to Your Gentle Return

A Soft Beginning for Nervous System Reset

Beloved, you've just taken the first step toward remembering what peace feels like in your body.

This guide isn't here to fix you — because you're not broken.

It's here to remind you that regulation is your rhythm, and softness is your strength.

We created this Nervous System Reset Starter Pack as a sacred pause — a place to breathe, listen, and gently return home to yourself.

There is no pressure here. No rush.

Only the invitation to begin again... *gently*.

Peace is not a reward. It is a return."

AtPeace™
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Why This Matters

Welcome to *The Gentle Reset*.

This guide was created for moments when you feel overstimulated, disconnected, or simply ready to soften. In a world that moves fast, our bodies need rhythms that honor slowness, safety, and self-trust.

Here, you'll find gentle invitations, not tasks.

Practices, not pressures.

Support, not shame.

You are not broken.

Your nervous system is speaking.

This guide helps you learn its language.

How to Use This Guide



There is no right or wrong way, but there is a gentle way.

Let your pace be soft and intuitive.

Some days, a single practice will be enough; other times, you might move through these pages like a slow ritual, with time to rest and reflect.

All that is asked of you is receptivity.

Open to the softness of your own heart.

Listen for the rhythms of your body's whispers.

Trust in the wisdom that is already within you.

When in doubt, do less.

Above all, remember:

Each moment you spend with this guide is a gift to your nervous system and your soul.

Returning Home to Balance



- Begin with a soft, steady breath.
Feel your lungs rise and fall. Let your exhale be slow and full.
- Gently place a hand over your heart.
If it feels right, you can place a hand over belly too.
Soften the space beneath your palm.
Let your body feel safety in your touch.

Softening Into Sanctuary

Soften In

Close your eyes and bring to mind a place you love—a sanctuary that feels like rest and safety to you. Breathe gently and imagine you are there. Notice the colors, the scents, the feeling of calm.

Soften Down

When you're ready, stretch out slowly. Rest your body. Let tension melt away until a good sigh, yawn or simple release moves through you.

In this softening, your body's wisdom can whisper through the quiet. Trust
Trust there is nothing wrong with slowing down.

Priority Over Perfection



* It's okay to not do everything.
I will choose one practice to meet with today.

* It's okay if my progress is gentle.
I will honor what pace feels safe for me.

* It's okay to pause whenever I need to.
I will trust and reclaim this as safety.

*Cover yourself in enough grace
for this season of softness.*

Your Nervous System Speaks

Close your eyes and gently check in:

- * What is my body feeling right now?
- * What is my body's tone of voice?
- * What does my body need?

- * I feel scattered and restless.
Let me find a soft pocket of stillness.
- * I feel tense and on edge.
Let me find a channel for this energy.
- * I feel numb and shut down.
Let me slow down and rest here a while.
- * I feel easily overwhelmed.
Let me do what feels nourishing and easeful.

Hold yourself with softness as you tune in.

You're Already on the Path



There is no perfect way to heal — only your way.
And you've already begun.
This moment of pause, this breath, this page...
they are proof.

Let this be your reminder:

- ✦ Peace is not the reward.
- ✦ Peace is your return.
- ✦ And you are not alone.

If this guide has supported you, you are welcome
to continue walking with us at atPeace.love.

Whether you return for deeper practices or simply
to breathe again, the door is always open.