

CALM YOUR CHAOS.

A Nervous System Reset
MINI WORKBOOK



Spiritual Tantrum Co.



© 2024 Spiritual Tantrum Co. • All Rights Reserved.

NOT FOR RESALE OR DISTRIBUTION



CALM YOUR CHAOS

Nervous System Reset Workbook

• Spiritual Tantrum Co. •

Gut Check: Challenge Your Thoughts



★ Is this thought **FACT** or **ASSUMPTION**?

★ Is there evidence against this thought?

★ What would I say to a friend struggling with this thought?

★ Will this matter a week or a month from now?

★ What else could be true?

➔ Seek a clear picture. See the bigger picture. ➔



CALM YOUR CHAOS

Nervous System Reset Workbook

• Spiritual Tantrum Co. •

*Before You Spiral,
Let's Get Honest*



Right now, I feel:

- | | |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Overwhelmed |
| <input type="checkbox"/> Shut down | <input type="checkbox"/> Irritated |
| <input type="checkbox"/> Calm | |

What just triggered me?

What is my body doing right now? (heart racing, tight chest, stomach, etc.)

What thoughts keep repeating?

➔ *Pause before you react. Awareness first. Always.* ➔

CALM YOUR CHAOS

Nervous System Reset Workbook

• Spiritual Tantrum Co. •

Regulate, Don't Escalate

Pick ONE. You're not training for the Olympics.



Breathing

- Inhale 4
- Hold 4
- Exhale 6
- Repeat 5 times

Grounding

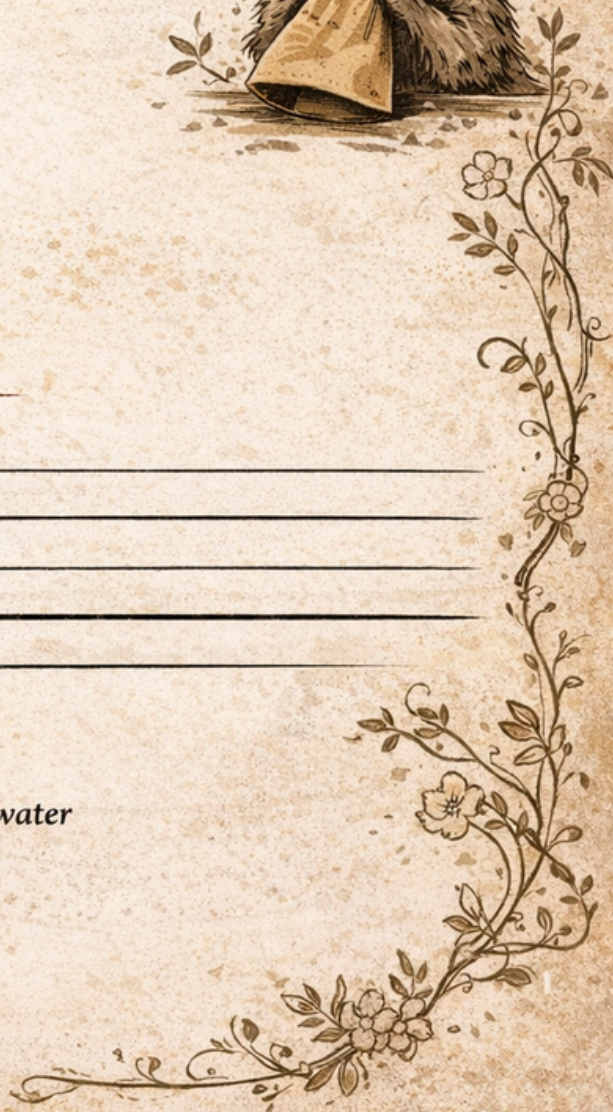
- 5 things I see: _____
- 4 things I feel: _____
- 3 things I hear: _____
- 2 things I smell: _____
- 1 thing I taste: _____

❄️ Cold Reset

Hold something cold or splash cold water

🪿 Anchor

- Feet flat on the floor
- Say: I am safe right now



CALM YOUR CHAOS

Nervous System Reset Workbook

• Spiritual Tantrum Co. •

Is This Danger or Memory?



Am I in danger right now?

Yes No

If no: _____

What does this remind me of?

What am afraid will happen?

Is that happening right now?

→ *Old fears are not new facts.* ←



CALM YOUR CHAOS

Nervous System Reset Workbook

• Spiritual Tantrum Co. •



Interrupt the Reaction



What do I **WANT** to do right now?

What would a **calm, regulated** version of me do?

What response protects my peace, not my ego?

→  **PAUSE** before you respond.  ←



CALM YOUR CHAOS

Nervous System Reset Workbook

• Spiritual Tantrum Co. •

*Emergency:
Do Not React Yet*



- Drink water
- Put the phone down
- Step outside
- Sit and breathe

Say this out loud:

*I don't need to **solve this while** I'm activated.*

*Write what you're feeling **instead of reacting:***



CALM YOUR CHAOS

Nervous System Reset Workbook

• Spiritual Tantrum Co. •

Control: What You CAN Change



★ I can calm my own body:

★ I can take a break:

★ I can clarify what I need:

★ I can choose my words/actions:

★ I can decide what happens next:

→ Focus on your next move. ←



CALM YOUR CHAOS

Nervous System Reset Workbook

• Spiritual Tantrum Co. •

Gut Check: Challenge Your Thoughts



★ Is this thought **FACT** or **ASSUMPTION**?

★ Is there evidence against this thought?

★ What would I say to a friend struggling with this thought?

★ Will this matter a week or a month from now?

★ What else could be true?

➔ Seek a clear picture. See the bigger picture. ➔



CALM YOUR CHAOS

Nervous System Reset Workbook

• Spiritual Tantrum Co. •

Release the Issue



★ I surrender what I can't control.

★ I trust I can handle whatever happens.

★ I am safe. I am anchored. I am home.

★ Will this matter a week or a month from now?

★ I release this feeling to the ether.

→ Let it go. Let it burn off of you. ←



CALM YOUR CHAOS

Nervous System Reset Workbook

• Spiritual Tantrum Co. •

Celebrate Survive & Reset

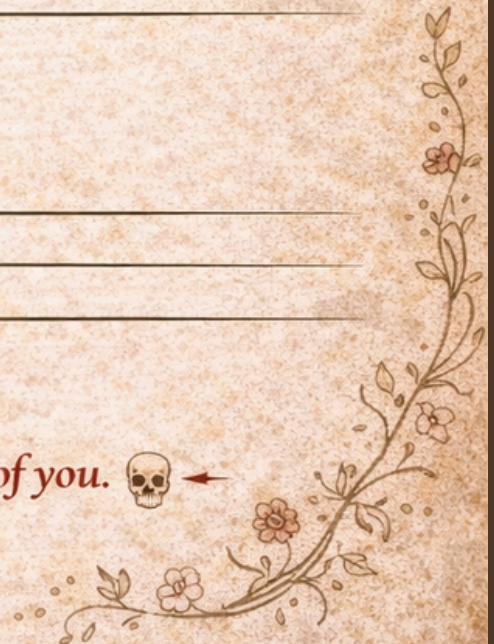


How I bounced back today:

How I recognized my progress:

How I feel calmer now:

→ 🦴 . You did it. Take care of you. 🦴 ←



CALM YOUR CHAOS

— Nervous System Reset Workbook —

— • Spiritual Tantrum Co. • —

When I Forget Everything...



- ★ Pause.
- ★ Breathe.
- ★ You are not in danger right now.
- ★ This feeling will pass.
- ★ You do not need to fix everything right now.

- ★ Come back to your body.
That is where your power is.



CALM YOUR CHAOS.

— Nervous System Reset Workbook —

— • Spiritual Tantrum Co. • —

Daily Regulation

Pick 2 daily:

- Go outside for 5 minutes
- Drink water first thing
- Move your body
- Sit in silence
- No emotional conversations when triggered



What helps me regulate best:



CALM YOUR CHAOS.

Nervous System Reset Workbook

• Spiritual Tantrum Co. •



Truth Check

What triggers me the most?

.....

What do I actually need in those moments?

.....

What am I ready to stop doing to myself?

.....



CALM YOUR CHAOS.

Nervous System Reset Workbook

• Spiritual Tantrum Co. •

YOUR JOURNEY IS MY HONOR.

Keep prioritizing your nervous system +
growing back in your power. You deserve it.
Reach out anytime for personalized support
or go deeper:



Email

spiritualtantrum@gmail.com



Social

[@spiritualtantrumco](https://www.instagram.com/spiritualtantrumco)



Website

www.spiritualtantrum.com

→ (Scan here, feral friend) ←

