

**UNDERSTAND YOUR BODY'S LANGUAGE.  
BUILD RESILIENCE THROUGH SAFETY.  
CREATE CALM FROM WITHIN.**

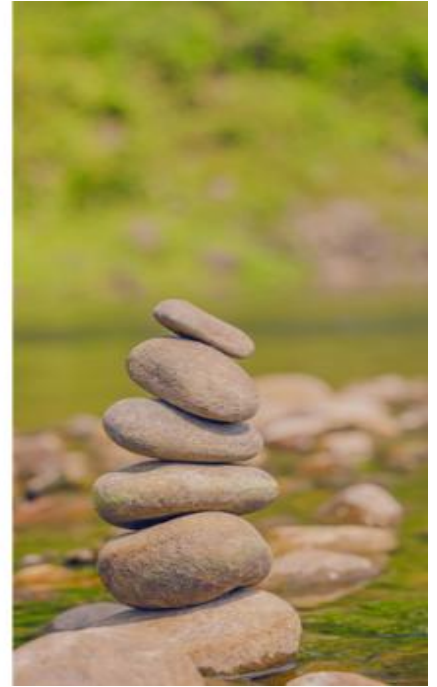


**With Dr. Shyam Ranganathan**

**Philosopher | Author | Educator | Yoga and Trauma Thought Leader**

# NERVOUS SYSTEM RESET WORKBOOK

Your Companion to the Polyvagal Webinar

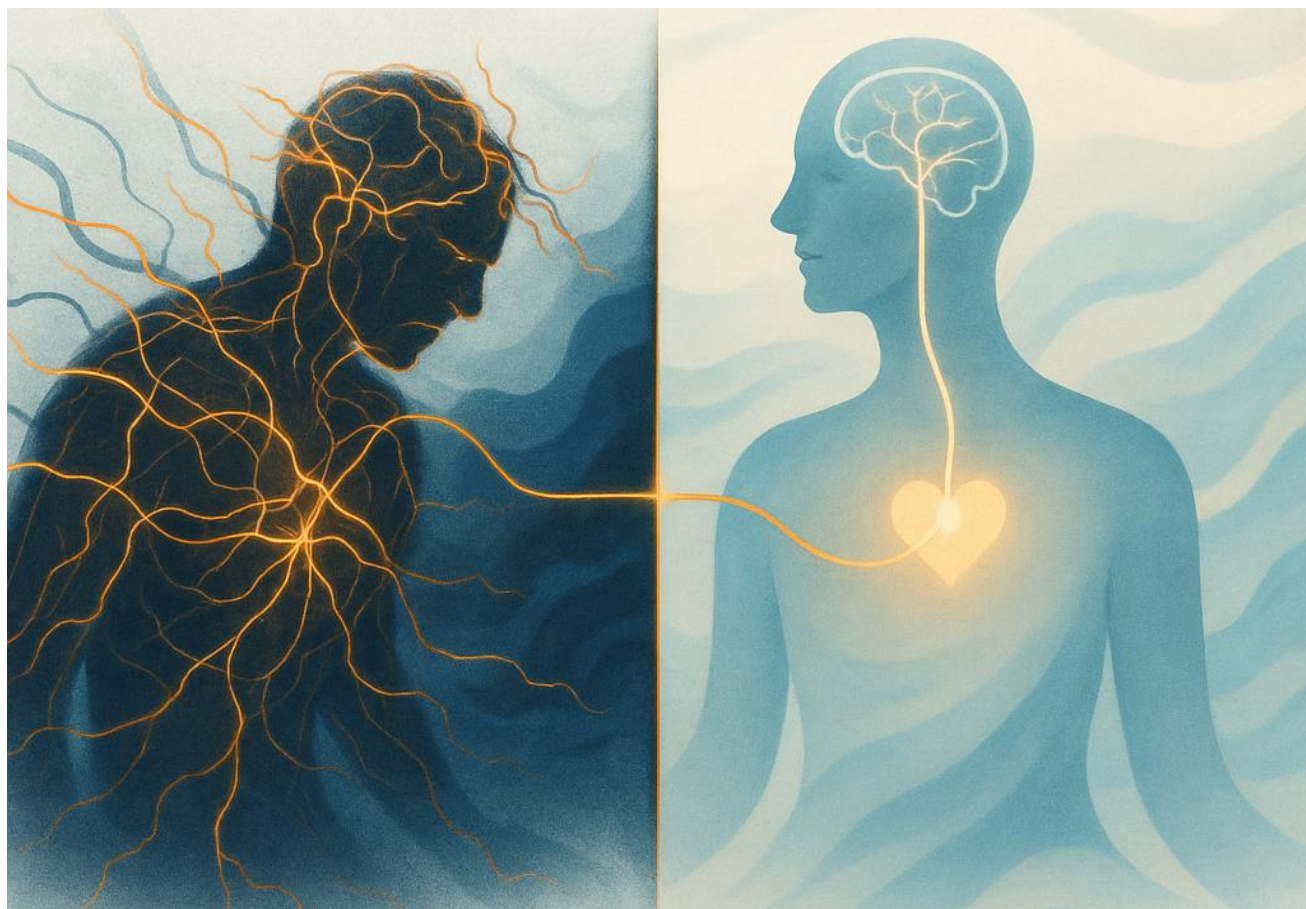


*“You are not a problem to fix. You are a being to unleash.”*

*“Healing is not about achieving a feeling or permanent state. It’s about dynamically engaging in your life.”*

\_\_\_\_\_ Inspired by the principles of Polyvagal Theory \_\_\_\_\_

*From today forward. . .*



You've learned today that true peace doesn't come from forcing your mind to relax — **it comes from listening to your body.**

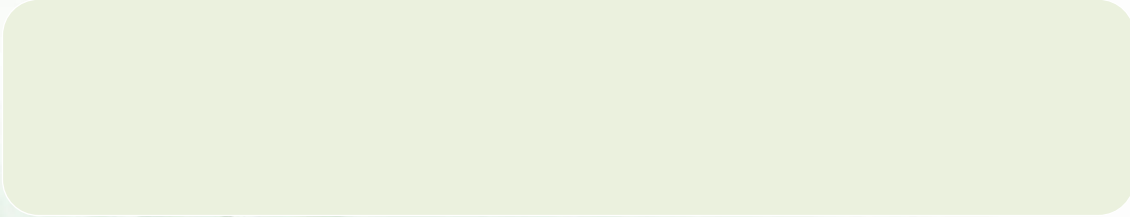
This workbook will help you take the first simple steps toward rebooting your nervous system for connection and dynamism.

**You can fill this workbook out on your device or print it and write your responses by hand!**



# My Insights from the Webinar

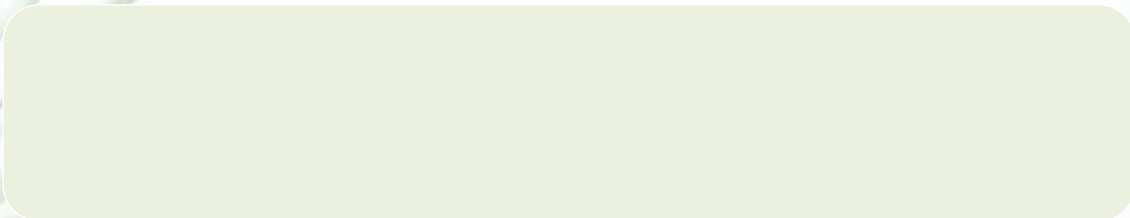
1. What was my biggest **'Aha!'** moment today?



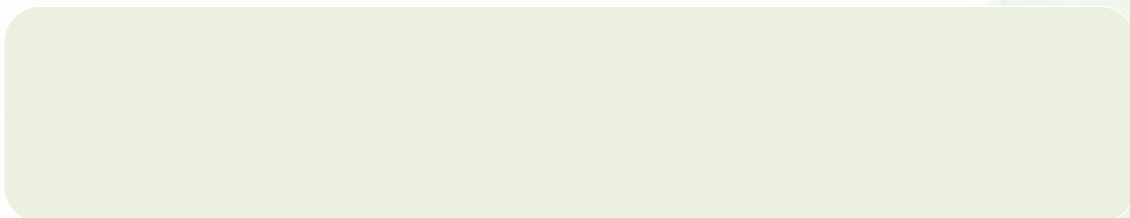
2. What concept from **Polyvagal Theory** resonated the most with me?



3. Name one small, practical thing **I will try** starting today:

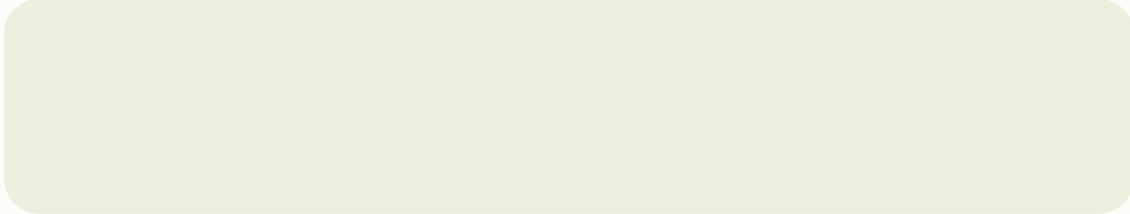


4. How did this change the way I think about **stress and safety?**



# Daily Practice

1. How does your **nervous system** feel right now?

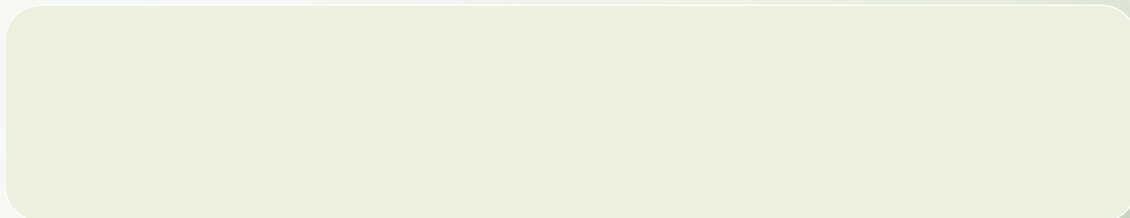


2. Which **"state"** are you currently spending the most time in?

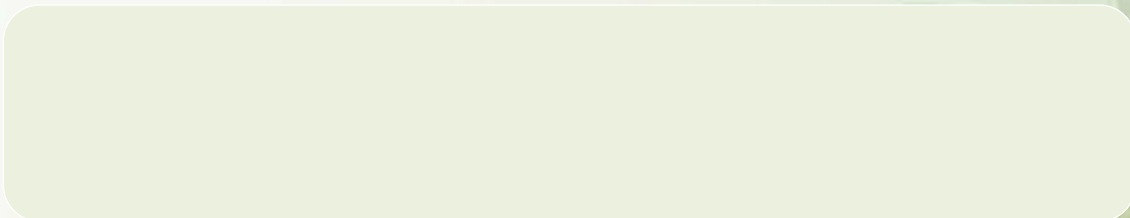
- Fight: Angry, tense, irritable
- Flight: Anxious, restless, overthinking
- Freeze: Numb, shut down, disconnected
- Freeze: Fatigued
- Safe/Connected: Calm, curious, interested



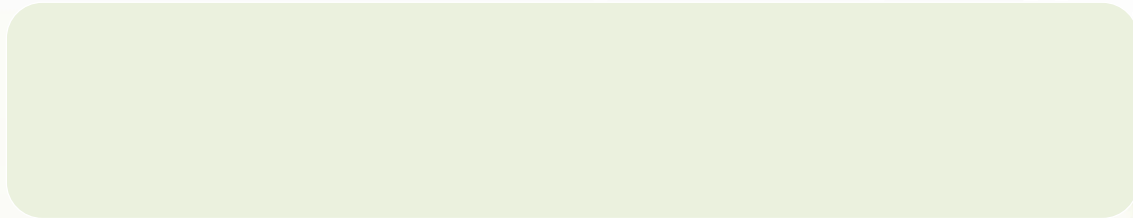
3. What are 3 everyday moments when you notice yourself shifting into **survival mode**?



4. What signals does your body give you that it's **feeling unsafe**?

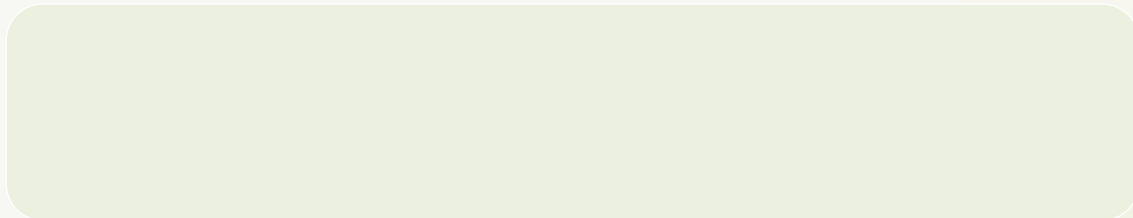


**5. What small actions help you feel **safe, grounded, or connected** again?**

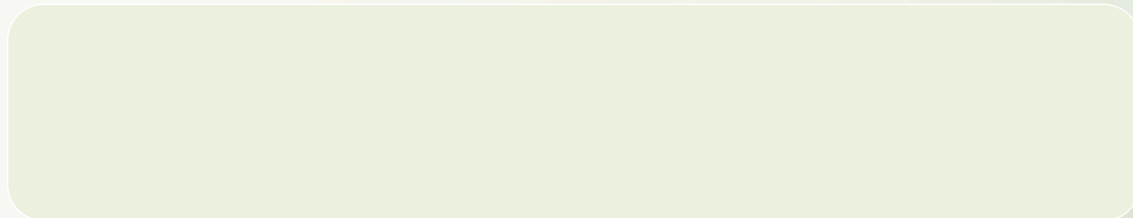


**6. Create your own **Nervous System Reset** menu**

- When I feel overwhelmed, I will:
- When I feel frozen, I will:
- When I feel anxious, I will:
- When I feel alone, I will:

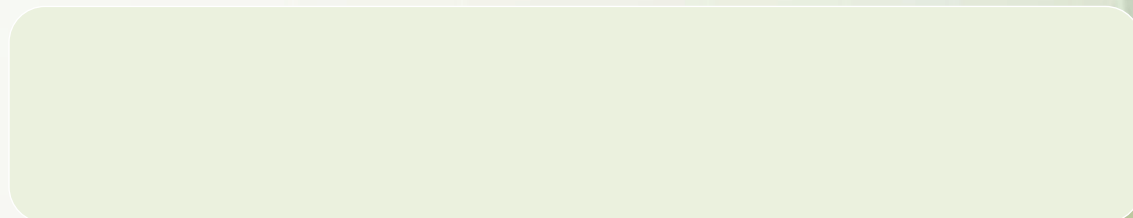


**7. List the affirmations that actually work for my **nervous system****



**8. My **commitment** to myself**

- I commit to listening to my body's signals with curiosity, not judgment.
- I commit to offering myself small, doable actions that create more safety every day.
- I am learning a new way, and that's powerful.



# Two Bonuses

## Polyvagal Reset Quick List

Ventral Vagal	Dorsal Vagal
<ul style="list-style-type: none"><li>✓ Making eye contact, smiling with a trusted person (or a mirror!)</li><li>✓ Humming or singing softly</li><li>✓ Spending time with friends, family, including companion animals</li><li>✓ Chanting, at a low volume, at an alto or soprano</li></ul>	<ul style="list-style-type: none"><li>✓ Yawning/stretching</li><li>✓ Slow exhale</li><li>✓ Grounding your feet</li><li>✓ Swaying or rocking gently</li></ul>

**\*\*Try one of these today\*\***

## Daily Practice Tracker

Date	How I Felt When I Woke Up	Nervous System Reset I Practiced	How I Felt After	Notes

# *Thank you for being here!*

***Remember:*** Every small act of safety you offer yourself rewires your body, mind, and future. You are capable of profound change. It all starts inside.

If you loved this webinar and workbook, here's how you can continue your journey:

- ✓ Book a free mini consultation with Dr. Shyam to find out what Polyvagal Interventions you can access to make bold change.
- ✓ Explore the Rest & Restore Protocol and Safe & Sound Protocol with Dr. Shyam.
- ✓ Follow [yogaphilosophy\\_com](https://www.yogaphilosophy.com) on IG for additional helpful resources.

You're not alone.

You are already on the path to a more peaceful, connected life.

See you soon,

- *Dr. Shyam and Team*

[yogaphilosophy.com](https://www.yogaphilosophy.com)



# About Dr. Shyam Ranganathan



**Dr. Shyam Ranganathan (MA, MA, PhD)** is a leading expert on applying ancient meditation philosophies to modern research and practice. He combines expertise in translation, practical life philosophies, and research to explore how contemporary innovations like Polyvagal Theory address age-old questions about how to live meaningfully.

His work examines the connections between philosophy, ethics, yoga, and neuroscience, illuminating timeless approaches to holistic wellbeing. As a respected scholar and teacher, Dr. Shyam makes complex ideas accessible and actionable, helping people move beyond merely coping toward genuine liberation and thriving.

Learn more at [yogaphilosophy.com](http://yogaphilosophy.com)