



The Gap Year Movement

Nervous System Reset Menu

Created by Amy Martinez (@gapyearwithamy) – Your Guide to Intentional Gap Years & Soul-Aligned Living

Welcome!

Your nervous system doesn't need fixing — it needs kindness and safety.

During gap years, transitions, or any season of big change, it's normal for energy to feel scattered, wired, or flat. These short, soul-nourishing resets help you come back home to yourself — mind, body, and heart — in just a few minutes.

Drawn from our own reset journies (jungle breathwork in Costa Rica, learning to listen to our bodies at home, and simple practices that actually felt good), this menu is designed to be flexible. No pressure. No perfect way. Just gentle tools that support the magnetic next chapter you're creating.

How to Use:

- Notice how you're feeling right now
 - Pick one practice that matches (or feels soothing)
 - Spend 2–10 minutes — that's enough
 - Pair with the Habit Rebuild Starter Kit or Morning/Evening Rituals for deeper support
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Reset Menu by Feeling:

When you feel scattered / anxious / wired (activate calm):

- **Body:** 4-7-8 Breath – Inhale 4, hold 7, exhale 8 (repeat 4 rounds)
 - **Mind:** Hand on heart + whisper “I am safe right now. I am here.”
 - **Combined:** Feet on floor + name 5 things you can see, 4 you can touch, 3 you can hear
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When you feel tired / flat / disconnected (gentle activation):

- **Body:** Slow shoulder rolls + gentle side stretches (5 each side)
 - **Mind:** One soul-pull question: “What would feel like a tiny spark of aliveness right now?”
 - **Combined:** Stand and sway softly while humming or making a low sound
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When you feel overwhelmed / heavy (grounding & release):

- **Body:** Hands on belly + slow belly breathing (inhale feel belly rise, exhale soften)
 - **Mind:** “What can I let go of in this moment?” (name 1–2 things gently)
 - **Combined:** 5-minute walk outside (even around the block) while noticing sensations in your feet
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When you feel **calm but want to anchor deeper** (presence & gratitude):

- **Body:** Gentle neck stretch + seated twist
 - **Mind:** Three tiny gratitudes focused on your body or surroundings
 - **Combined:** Body scan from head to toes, offering kindness to each part
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Quick Daily Anchors + Bonus Combos

Morning Anchor (3–5 min): One grounding breath + intention (“Today I choose presence where I can”)

Midday Reset (2 min): Feet on floor + hand on heart

Evening Wind-Down (5–7 min): Belly breathing + release what no longer needs to be carried

Bonus Combo Ideas:

- *Scattered + Tired: 4-7-8 Breath + gentle sway*
 - *Overwhelmed + needing focus: Feet grounding + one soul-pull question*
 - *Anytime quick win: Hands on heart + 10 slow breaths*
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Create Your Own + Next Steps

My favorite resets:

When I feel _____ → I do this body practice: _____

When I feel _____ → I do this mind practice: _____

You're already doing the work.

Every small reset is a loving act of self-trust. Use this menu as often as you like — it's here to support the vibrant, soul-aligned life you're designing. When you're ready for more structure, explore the Habit Rebuild Starter Kit or the paid planners.

Ready for your next chapter?

Head to thegapyearmovement.com/blog for more stories, tools, and inspiration. Want more support designing your intentional gap year or soul-aligned life? Join the movement at thegapyearmovement.com or DM me @gapyearwithamy! ✨