



THE 90-DAY
NERVOUS
SYSTEM
RESET

PROMPT WORKBOOK

SOMATIC EXERCISES FOR IN-THE-MOMENT ANXIETY
RELIEF, STOP THE NIGHTTIME OVERTHINKING SPIRAL,
AND A **5-MINUTE DAILY CALM PLAN**

JOSEPH SARACINO

THE 90-DAY NERVOUS SYSTEM RESET PROMPT WORKBOOK

SOMATIC EXERCISES FOR IN-THE-MOMENT ANXIETY RELIEF, STOP THE NIGHTTIME
OVERTHINKING SPIRAL, AND A 5-MINUTE DAILY CALM PLAN

by Joseph Saracino MD

COPYRIGHT

Copyright © Joseph Saracino, MD. 2026 All rights reserved.

The content contained within this book may not be reproduced, duplicated, or transmitted without direct written permission from the author or the publisher.

Under no circumstances will any blame or legal responsibility be held against the publisher or author for any damages, reparation, or monetary loss due to the information contained within this book. Either directly or indirectly. You are responsible for your own choices, actions, and results.

LEGAL NOTICE

This book is copyright-protected. This book is only for personal use. You cannot amend, distribute, sell, use, quote, or paraphrase any part of the content within this book without the consent of the author or publisher.

DISCLAIMER NOTICE

Please note that the information contained within this document is for educational and entertainment purposes only. This workbook is for educational purposes only. It is not medical, psychological, or professional advice. It does not diagnose, treat, cure, or prevent any condition.

If you are in immediate danger, feel unsafe, or may harm yourself or someone else, contact local emergency services or a crisis service in your area.

Every effort has been made to present accurate, up-to-date, and reliable, complete information. No warranties of any kind are declared or implied. Readers acknowledge that the author is not engaging in the rendering of legal, financial, medical, or professional advice. The content within this book has been derived from various sources. Please consult a licensed professional before attempting any techniques outlined in this book.

By reading this document, the reader agrees that under no circumstances is the author responsible for any losses, direct or indirect, which are incurred as a result of the use of the information contained within this document, including, but not limited to, errors, omissions, or inaccuracies.

Table of Contents

Contents at a Glance.....	7
THE FOUNDATION OF THE 90-DAY NERVOUS SYSTEM RESET	9
THE R.E.S.E.T. LOOP.....	11
QUICK START GUIDE.....	12
Quick Map (Keep This Simple).....	12
The 60-Second Reset (Start Here).....	12
SYMPTOM-TO-SKILL INDEX.....	14
Key terms you'll see (so nothing feels vague).....	18
Core vs Quick Protocols (Both are real).....	18
Tracking (simple, not obsessive).....	18
One reset at a time (no stacking).....	18
SKILLS PRIMER (CLEAR DEFINITIONS).....	19
Skill 1 — Exhale Drop.....	19
Skill 2 — Feet Press/Release.....	19
Skill 3 — Palm Press/Release.....	19
Skill 4 — Jaw Unclench + Tongue Relax.....	19
Skill 5 — Orienting.....	19
Skill 6 — Grounding Through Sensation.....	19
Skill 7 — Tiny Movement Outlet.....	19
Skill 8 — Headline Containment.....	20
Skill 9 — Smallest Next Step.....	20
Skill 10 — Boundary Lines (Time-Buying).....	20
QUICK CARDS (TEAR-OUT) — HOW TO USE.....	21
CARD 1 — Baseline (60 seconds).....	21
CARD 2 — Scary Email (P01).....	21

CARD 3 — Meeting in 5 Minutes (P02).....	21
CARD 4 — Mistake Spiral (P03).....	22
CARD 5 — Conflict Surge (P09).....	22
CARD 6 — Replay Loop (P10).....	22
CARD 7 — Bedtime Overthinking (P35).....	22
CARD 8 — Safety-First.....	23
CARD 9 — Left on Read (P13).....	23
CARD 10 — Money Spike (P17).....	23
CARD 11 — Phone Call Dread (P18).....	23
CARD 12 — Symptom Spiral (P23).....	24
CARD 13 — Panic Sensations (P24).....	24
CARD 14 — Doomscroll Hangover (P29).....	24
CARD 15 — Research Spiral (P33).....	25
CARD 16 — Tech Spike (P34).....	25
AFTER-THE-SPIKE PROTOCOLS (P01–P40).....	26
Section Intro: Protocols.....	26
P01 — Scary Email / “I’m in Trouble”.....	26
P02 — Meeting in 5 Minutes (Performance Spike)	27
P03 — Mistake Spiral / “I Ruined Everything”.....	27
P04 — Procrastination Panic (Deadline Dread).....	28
P05 — “Too Many Tabs” Mental Scatter.....	29
P06 — Imposter Spike (Exposed / Behind).....	29
P07 — Post-Presentation Crash.....	30
P08 — Work Conflict / Tense Thread.....	31
P09 — Argument Surge (Immediate).....	31
P10 — Argument Replay (Later Loop).....	32

P11 — Receiving Criticism.....	33
P12 — People-Pleasing Spike.....	34
P13 — Left on Read / Silence Trigger.....	34
P14 — Social Hangover.....	35
P15 — Boundary Guilt.....	35
P16 — Vulnerability After Closeness.....	36
P17 — Bill / Bank Account Shock.....	36
P18 — Phone Call Dread.....	37
P19 — Paperwork / Mail Fear.....	37
P20 — Running Late Spike.....	38
P21 — Decision Fatigue.....	38
P22 — Shopping/Spending Urge.....	38
P23 — Symptom Spiral / Google Urge.....	39
P24 — Panic Sensations.....	40
P25 — Pain Flare.....	41
P26 — Appointment Dread.....	41
P27 — Body Image Spike.....	41
P28 — Food Guilt.....	42
P29 — Doomscroll Hangover.....	42
P30 — Notifications Piling Up.....	43
P31 — Comparison Spiral.....	43
P32 — Online Argument Hook.....	44
P33 — Research Spiral.....	44
P34 — Tech Frustration.....	45
P35 — Bedtime Thought Loops.....	45
P36 — Middle-of-Night Wake-Up Scan.....	46

P37 — Morning Dread.....	47
P38 — Sunday Scaries.....	47
P39 — Post-Nightmare Spike.....	48
P40 — Caffeine Spike.....	48
THE BRIDGE: WHY THE DAY FOLLOWS THE NIGHT.....	49
NIGHTTIME OVERTHINKING RELIEF.....	50
Section Intro: Nighttime.....	50
Nighttime Troubleshooting.....	50
Bedtime Mini-Checklist (Optional).....	50
Nighttime Shutdown (5 Minutes).....	50
Tomorrow Container (Headlines Only).....	51
Middle-of-Night Wake-Up Reset (3 Minutes).....	51
DAILY 5-MINUTE CALM PLAN (90 DAYS).....	52
What Is an “Anchor Action”?.....	52
Phase 1: Awareness & Stabilization (Days 1–30).....	52
Days 1–90.....	52
Phase 2: Capacity Building & Nuance (Days 31–60)	70
Phase 3: Integration & Resilience (Days 61–90).....	87
CONGRATULATIONS!!!.....	106
LOGS + SNAPSHOTS.....	107
What Is a Spike Log?.....	107
Spike Logs.....	107
Snapshot — Day 1 Baseline.....	110
Snapshot — Day 30.....	110
Snapshot — Day 60.....	110
Snapshot — Day 90.....	111
Compare — Day 1 vs Day 90.....	111

CONCLUSION & GRADUATION: THE RESILIENT SYSTEM.....	112
Protocol Finder (By Spike).....	115
Protocol Index (By Category).....	117
Bibliography.....	119
About the Author.....	121

THE FOUNDATION OF THE 90-DAY NERVOUS SYSTEM RESET

You're not broken. You're spiked.

First, let's get one thing straight: nothing is "wrong" with you. You aren't failing at life or being "too sensitive." You are simply spiked.

When your nervous system senses a threat—anything from that "we need to talk" text that makes your stomach drop, to a sudden, weird sensation in your body—it flips into Protection Mode.

We call this a Spike.

It's actually a brilliant physiological surge designed to keep you alive. The only problem? In our modern world, your internal alarm system doesn't always know the difference between a mountain lion chasing after you and a stressful email. It triggers at the wrong time, leaving you feeling high-strung and exhausted.

The Nervous System Reset is a practical approach that's designed to help you quickly get back a sense of balance and calm during stressful moments. By using simple, body-first techniques, you can interrupt those anxiety spirals and restore focus in less than a minute. This reset is all about giving you the tools to respond to life with a clear head instead of just feeling constantly overwhelmed.

The Science of the Spike (Polyvagal Theory)

To get a handle on your resets, it helps to imagine an internal "ladder" that your body moves up and down every day:

- 1. The Safe Zone (Ventral Vagal):** This is where we want to be. You feel like yourself—connected, curious, and capable of handling whatever comes your way.
- 2. The Survival Zone (Sympathetic):** This is the Spike. Your heart starts racing, your breath gets shallow, and your mind starts spinning, looking for an exit or a way to make the feeling stop.
- 3. The Shutdown Zone (Dorsal Vagal):** If the spike is too intense for too long, you might feel numb, foggy, or "checked out."

This workbook is your personal manual for the Survival Zone.

We don't try to "think" our way out of a spike, because the thinking part of your brain (the prefrontal cortex) actually goes offline during a surge. Instead, we use Somatic (body-first) skills and exercises to send a signal directly to your brain that says: *"Hey, it's okay. The threat has passed. You can let go now."*

Your Roadmap: Three Ways to Use This Book

Life is messy, so this workbook meets you wherever you happen to be:

- **The Crisis Path:** If you are spiking right now, put the theory away. Go straight to the Quick Map or the 60-Second Reset. Don't worry about the "why"- just follow the steps.
- **The Night Owl Path:** If your spikes happen in the dark, skip ahead to Nighttime Overthinking Relief.
- **The Maintenance Path:** Use the Daily 5-Minute Calm Plan to lower your overall stress baseline. This makes your "Safe Zone" feel bigger and your "Spikes" happen less often.

The Golden Rule: One reset at a time. Your brain is already in overdrive; don't overwhelm it with too many techniques. Pick one, try it out, and just take the smallest next step.

A quick note before you start: These pages are designed for real, messy everyday life, not for "perfect" journaling.

If you only write one sentence, that counts. If you skip around or miss a few days, that counts. If you use this only during your hardest weeks, that counts. The goal isn't to "think" your way out of stress. It's to interrupt the spiral, close your day with a little more peace, and build small resets that add up over time.

AFTER-THE-SPIKE PROTOCOLS (P01–P40)

SECTION INTRO: PROTOCOLS

This section is your “in the moment” playbook. You don’t need the perfect protocol—just the closest one.

How to use:

1. Rate the spike (0–10). If you’re 8–10, start with the 60-Second Reset first.
2. Pick the closest protocol title.
3. Do the protocol once. If it helps, repeat once—then stop.
4. Write ONE next step (2 minutes or less).
5. If you’re still above 6/10, buy time—don’t escalate the situation.

Pick the closest title. Do the protocol once. If it helps, repeat once—then stop.

P01 — SCARY EMAIL / “I’M IN TROUBLE”

When to use:

You open an email/text, and your body drops into dread or urgency (“I’m in trouble”).

What’s happening:

Urgency is the spike—not evidence. Your threat system demands an immediate response.

The Protocol (3–7 minutes)

1. Exhale Drop x6 (60 seconds).
2. Feet press/release x12 (60 seconds).
3. Jaw unclench + tongue relax (20 seconds).
4. Orient: name 3 neutral objects (20 seconds).

5. Phone down / hands off keyboard (10 seconds).
6. Say: “Spike—not verdict.” This means the spike is not a final verdict or judgment about your-self or your situation. It’s just a reminder that this spike is temporary and doesn’t reflect a lasting truth.
7. Save a draft or send a one-time-buying line: “I saw this. I’ll reply by _____.”

P01 — Reflection + Next Step

Trigger (headline): _____

Before / After (0–10): _____ → _____

What helped 1%: _____

My next step (2 minutes): _____

If my mind demands certainty, I will say: _____

DAILY 5-MINUTE CALM PLAN (90 DAYS)

WHAT IS AN “ANCHOR ACTION”?

An anchor action is a tiny, concrete action that tells your nervous system: “I’m safe enough to take one step.”

Examples: drink water • step outside for 60 seconds • wash one dish • write one sentence • send one-time-buying text • make the bed.

Rule: make it small. The point is completion, not intensity.

One page a day. Five minutes. If you miss a day: restart. No shame. Daily steps: 60-Second Reset → ONE skill → ONE anchor action → 1–2 lines.

PHASE 1: AWARENESS & STABILIZATION (DAYS 1–30)

(Month 1)

The Goal: Finding the “Off” Switch. In this first month, don’t worry about being “perfectly calm.” Your only job is to notice when you are spiked. You are training your brain to recognize the physical signs of tension before they turn into full-blown panic.

Focus: Consistency over intensity.

Victory: Noticing a spike and doing the 60-Second Reset before you send that reactive text.

DAYS 1–90 Day 1 / 90

DATE: _____ Mood: calm / tense / anxious / sad / irritable / numb / over-whelmed

60-Second Reset: Orient 3 • 3 long exhales • feet press/release x3

Skill I practiced: _____ Minutes: _____

Anchor action (tiny): _____

Prompt (1–2 lines):

End of day: what helped 1%?
