

# The Reset Ritual

for high-achieving women  
who want to feel safe in their own body

*A gentle invitation to come back to yourself*

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## I See You

You are running, always running. Your calendar and inbox are full, and your list of responsibilities is endless, but somewhere in the middle of all that busyness, you're empty.

Your body no longer feels like home; it feels like a machine you're pushing harder and harder, like you're almost waiting for it to break down so you finally have permission to rest.

You've built something real and accomplished so much, yet you can't quite settle and relax. You don't quite feel safe.

You lie in bed at night and your mind is racing. When you're sitting in meetings and your shoulders are up by your ears,



and if you get five minutes of quiet time, you don't know what to do with it, so you fill it with activity because it 'feels wrong not to be doing something'.



**Does this sound familiar? If the answer is yes, this is what it looks like when your nervous system never gets permission to come down.**

**And I want to tell you something: you're not broken. You're not failing. You're just exhausted.**

## What If There Was Another Way?

What if the solution wasn't another discipline? Another thing to perfect? Another way to prove yourself?

What if instead, it was permission? Permission to pause. Permission to feel safe. Permission to come home to your own body.

I want to offer you something different. Not another protocol, optimisation hack, or something you need to 'get right'.

I would like to propose a ritual. A small, simple gesture you can make to yourself that says: *'I see that you're tired. I'm going to take care of you now. You're safe.'*

Something so small that you can do it at your desk, in between meetings, in fact, anywhere you can muster two minutes. It's something that doesn't require additional effort or discipline and genuinely helps.



## This is The Reset Ritual. *Two minutes. That's all.*

This isn't a performance, and there's no "right" way to do this. You're not trying to achieve anything or fix anything; you're just gently reminding your body that it's allowed to be safe right now.



### Step One: Breathe

- Close your eyes if it feels safe. Inhale slowly through your nose and count to four. Feel your belly expand. Then exhale through your mouth, longer and slower, for a count to six or eight. Breathe like this, back and forth, for about 40 seconds.

**What you're doing:** *You're telling your nervous system that you're safe. That you don't need to run anymore. That it's okay to come down.*

### Step Two: Release

- Roll your shoulders back a few times and gently stretch your neck to each side. If you can, stand up and shake out your hands, arms and legs, then your whole body. Feel everything loosen. You're shaking off the tension that lives in your muscles; the tension from trying so hard, for so long.



**What you're doing:** *You're showing your body that you've noticed it. That you're grateful for what it's been carrying. That you're releasing what no longer serves you.*



### Step Three: Reframe

- Gently ask yourself: *'What matters most right now?'* Not to the world or anyone else: To you. What do you need? What is true in this moment?

If it helps, you can say something to yourself. Something like: *'I am capable. I am enough. I am exactly where I need to be.'* Or whatever feels true for you.

**What you're doing:** *You're reconnecting with what matters. You're reminding yourself that you're not just a machine to be operated. You're a person with wisdom, with needs, with a body that deserves care.*

**That's it. *Two minutes. Anywhere. Whenever you need it.***

## Why This Matters

There's neuroscience here. When you breathe slowly and deeply, something shifts in your nervous system. Cortisol (the stress hormone that's been flooding your body) starts to drop, your blood pressure lowers, and your heart rate slows down. Your body finally gets the message: we're safe now.

But this isn't about the science; the science is just permission. What matters is the feeling. The feeling that you matter. That your exhaustion matters. That you don't have to keep running.

When you do this ritual consistently - every day at the same time, if you can - your body starts to trust, and your nervous system learns: *"She's going to take care of me. I can rest."*



When your nervous system trusts the signals it receives and your body feels safe, everything changes. You're sharper. You're calmer. You can think and feel. You can actually enjoy the life you've built instead of just surviving it.

Your ambition doesn't go away; it just stops coming from a place of desperation. You become grounded, and that's when you do your best work.

## An Invitation

I'm not going to tell you that you need to do this. You've probably heard enough shoulds and ought to's to last a lifetime.

Instead, I'm going to invite you. I'm going to invite you to do something this week that's just for you. Something unrelated to productivity, performance, or proving anything to anyone. Pick one moment tomorrow. Just one.

Maybe it's when you first wake up. Maybe it's before your toughest meeting. Maybe it's in the car at lunch. Maybe it's before bed. Pick a moment that feels possible and do this for yourself.

Breathe. Release. Reframe.



Notice what happens. Maybe you feel calmer. Maybe you cry. Maybe you just feel tired. Maybe you feel nothing at all, and that's okay, too. Whatever happens is exactly right.

The only way this fails is if you try to make it perfect because that's not the aim here. You don't have to be perfect, you don't have to count the breaths right, and you don't have to *'do it correctly'*. You just have to show up. That's all.

Showing up is how we start to trust ourselves again. Showing up is how we begin to come home.

**You deserve to feel safe in your own body.**

**You deserve to rest without guilt.**

**You deserve to enjoy your life, not just endure it.**

*This ritual is one small way to start.*

*With warmth and belief in you,*

**Dr. Olunmi**