

Bianca OneLove

Where Psychology Meets Astrology

THE 10-MINUTE NERVOUS SYSTEM RESET

A GENTLE PERMISSION SLIP TO
PAUSE & HELP YOUR NERVOUS
SYSTEM SOFTEN AND
RETURN TO CALM.

FREE GUIDE



**SOMETIMES LIFE SIMPLY
FEELS LIKE TOO MUCH.**

THE NOISE.

THE PRESSURE.

THE CONSTANT STIMULATION
OF MODERN LIFE.

THE EMOTIONAL WEIGHT OF
CARING FOR EVERYONE.

I HEAR YOU. I SEE YOU!

YOU'RE NOT ALONE IN THIS.



AND IN THE MIDDLE OF IT ALL...

we forget something important.

Our nervous system needs care too.
This is not another productivity guide.

It's not something to perfect.

Think of this as a permission slip.

A gentle reminder that you are
allowed to pause, breathe,
and return to yourself.

Even ten minutes can gently
shift how your body feels.

WHY I CREATED THIS GUIDE

Not long ago, my body forced
me to slow down.

After a long period of pushing through
stress, motherhood, responsibilities,
and work, my nervous system finally
said enough.

I ended up in the hospital with a
severe asthma flare-up triggered by
an upper respiratory infection.

It was a wake-up call.

I've always been someone who feels life
deeply. For years, I tried to push through
that sensitivity instead of learning
how to care for it.

Studying psychology helped me understand the science of the nervous system. Astrology helped me understand my own energetic patterns.

My body wasn't asking me to push harder. It was asking to feel safe again.

This guide shares simple practices that helped me return to balance.

Small signals of safety that help the body soften and reset.

1

FIND A QUIET MOMENT

Give yourself permission to step away for a few minutes.

If possible, go outside and let natural light touch your face.

If that's not possible, the bathroom, the pantry, the laundry room — even your car — can become a small sanctuary.

You're simply creating a moment where your nervous system can exhale.

IDEAS:

take your drink outside

take a short walk

sit near a sunny window



2

DEEP BREATHS

Set a gentle 3–5 minute timer and begin with slow breaths.

Inhale slowly through your nose.

Exhale gently through your mouth.

Allow your shoulders to soften.



IDEAS:

inhale 4 seconds, exhale 6

place one hand on belly

close your eyes if comfortable

3

GROUNDING VISUALIZATION

Imagine your feet gently
rooted into the earth.

With each breath, imagine tension
leaving your body and moving
down into the ground.



IDEAS:

imagine roots growing from your feet
feel the floor supporting you
picture tension draining into the earth

4

PRAYER OR MANTRA

PLACE YOUR HAND OVER YOUR HEART.

Take a slow breath.

Repeat softly:

I'm here

I'm grounded

I'm capable

I'm loved

I'm safe

I'm at peace

IDEAS:

“I am safe in this moment.”

“My body knows how to soften.”

“This moment will pass.”

5

A GENTLE HUG



Wrap your arms around yourself,
or keep your hands on your heart,
or simply imagine embracing the younger
version of you who is doing her best.

Let that moment be intentional.

You deserve tenderness too.

IDEAS:

squeeze shoulders softly

rock side to side

breathe slowly while holding yourself

A SMALL PAUSE CAN CHANGE EVERYTHING

Regulation does not always
require hours of self-care.

Sometimes it begins with
a small pause.

A breath.

A moment of quiet.



A reminder that you are not just
the one holding everything
together.

You are also someone worthy of
care.

And every time you return to
yourself like this, your nervous
system learns something
important.

It is safe to soften.

These small moments of care may seem simple, but they are powerful.

Every time you pause, you remind your body that it is safe, supported, and allowed to rest, even in the middle of a busy life.

When we slow down and nurture ourselves with kindness, our nervous system begins to soften.

From that place of gentleness, we create more peace within, and that peace naturally extends to the people around us.

**REGULATION IS NOT
ABOUT BECOMING
A DIFFERENT PERSON.**

**IT'S ABOUT CREATING ENOUGH
SAFETY INSIDE YOUR BODY FOR
YOUR TRUE SELF TO
BREATHE AGAIN.**



SENSITIVE NERVOUS SYSTEMS ARE NOT A WEAKNESS

Some people move through the world with more sensitive nervous systems.

I'm one of them.

We tend to notice emotional shifts quickly. Loud environments, chaos, or tension in a room can feel overwhelming, and we often need more quiet time to recover after stress.

In a fast-paced world, that sensitivity can sometimes feel like a burden.

But biologically, it isn't a flaw.

Research suggests that some nervous systems simply process the world more deeply. We notice more, feel more, and experience connection in powerful ways.

Honestly...

it's a pretty special club to be part of. When we learn how to care for our nervous system, that sensitivity can become a real superpower.





Because a sensitive nervous system feels more, it can also react to stress more quickly.

We might notice our hearts racing sooner, our minds feeling overwhelmed, or our bodies needing more time to settle after difficult moments.

This doesn't mean something is wrong with us.

It simply means our nervous systems are very responsive and responsive systems need care.

The goal isn't to toughen ourselves or shut our sensitivity down.

The goal is to learn how to regulate our nervous system so it can feel safe.

When our nervous system feels safe, our sensitivity stops feeling like a burden and begins to reveal its strength.



STAY CONNECTED


If this guide resonated with
you, you are not alone.

We're learning how to live in
a fast world with sensitive
nervous systems.

Through Bianca OneLove,
I share reflections, tools, and
insights that blend psychology,
nervous system awareness,
and astrology.

WANT TO KEEP EXPLORING WITH ME?

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**THANK YOU FOR TAKING
THE TIME
TO CARE FOR YOUR
NERVOUS SYSTEM.**

Sometimes meaningful change
begins with something simple

—

a breath, a walk in the sun,
or a quiet moment of presence.

Your nervous system is not
broken.

It is asking to be supported.



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WHERE PSYCHOLOGY
MEETS ASTROLOGY



WITH LOVE,
BIANCA