



WHAT IS YOUR NERVOUS SYSTEM TRYING TO TELL YOU?

Recognise your protective response

A short introduction to the ways your body may fight, flee, freeze or please when it senses pressure.

THE POINT IS

Small conscious choices create a different trajectory.

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Your Nervous System Learned

It is not broken. It is trying to protect you.



When pressure rises, which response feels most familiar?

FIGHT

Irritation, anger, criticism, arguing or needing control.

FLIGHT

Racing thoughts, urgency, overworking, escaping or staying busy.

FREEZE

Numbness, blankness, shutdown, heaviness or being unable to act.

PLEASE

Agreeing, fixing, apologising or managing everyone else's feelings.

THE POINT IS

Your response is a protective strategy, not your personality.



The Two-Minute Reset

Regulate first; decide second.

1. ORIENT

Slowly look around and name three neutral things you can see.

2. GROUND

Feel both feet and notice the support beneath your body.

3. EXHALE

Take three easy breaths, allowing each exhale to be a little longer.

4. NAME

Say: “My system is activated. It is trying to protect me.”

5. CHOOSE

Ask: What is the smallest supportive action I can take now?

TRY THIS

Practise the reset when you are calm so it is easier to remember under pressure.



Choose One Regulation Tool

Different nervous systems need different kinds of support.

LONGER EXHALE

Useful when you feel hurried, tense or mentally noisy.

THE SENSES

Name what you see, hear and feel when you are spiralling or disconnected.

GENTLE MOVEMENT

Walk, stretch or shake out your hands when energy feels trapped.

SAFE CONNECTION

Contact someone steady when being alone makes activation louder.

REMEMBER

Regulation is not forcing yourself to calm down. It is offering your body enough safety to return.

The tool I can use today:

The first sign that tells me I need it:



Ready to Go Deeper?

The complete resource is waiting for you.



You have now recognised the beginning of the pattern. The full guide will help you understand it more deeply and turn that awareness into practical change.

YOUR NEXT STEP

Enter your first name and email address on this page to receive the complete guide.

Inside The Nervous System Reset

- A clear guide to fight, flight, freeze and please
- The complete two-minute reset
- Five practical regulation tools
- Your personal reset-plan worksheet
- A seven-day regulation practice

Your guide will be sent directly to your inbox.

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Helping women understand themselves so deeply that they finally feel free to choose differently.

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