

# The collective exhale

14 day nervous system reset

by  
Lovisa Engstrand

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# The collective exhale

## 14 day nervous system reset

Dear friend,

This workbook is your sacred space for reflection, curiosity, and self-regulation. Let it be your daily invitation to slow down, breathe deeper, and listen inward. There is no right or wrong way to go through this—only your way.

Each day of this journey includes a short reflection, a grounding quote, journaling prompts, and an optional anchor practice. You can print these pages, write on a separate paper or fill them in digitally—do what feels good and easy for you.

Let's begin.

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# meet your COACH



*Lovisa Engstrand*

I practice what I preach - My HRV (the most researched and reliable metric to measure the nervous systems performance, is 156, in the top 0.05 % of people

I'm Lovisa - a certified breath science practitioner and stress counselor. I am the founder of the exhale collective, your space for nervous system regulation. My background is in Psychology and my work blends evidence-based tools for nervous system regulation through breathwork, education, and holistic lifestyle practices. Holistic wellness encompasses many domains, but these five pillars of health are what I consider the foundations: stress management, sleep, diet, movement, & identity work/social connection.

I am originally Swedish, but have established a home in the mountains of Whistler, Canada. I am an avid outdoor adventurer and you will often find me nature immersed. When I am not skiing, hiking, swimming in glacier lakes, teaching pilates, or moving my body in other ways, I enjoy moments in stillness, reading, writing, and learning, a lot.

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## How to Use This Workbook

- Do the daily meditation first, then journal.
  - Take 5–10 minutes for each reflection.
  - Use the anchor practices to deepen your integration.
  - Track any changes in how you feel physically, emotionally, and mentally
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## Nervous System 101 (Short Guide)

- *Regulated State*: Present, calm, open to connection
  - *Fight/Flight*: Restless, anxious, tense, hyper-aware
  - *Freeze/Shutdown*: Numb, foggy, avoidant, low energy
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- **Why Breath Matters**: Slow breathing signals safety to your body. It can help shift you out of survival and into regulation.
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## Toolbox for Regulation

*When you feel dysregulated:*

- Place feet flat on the floor and press gently
- Breathe in for 4, out for 6 (3 rounds)
- Look around and name 5 things you see
- Put something cold on your neck or wrists
- Go for a walk in nature

*Sensory Reset Suggestions:*

- Smell: lavender, eucalyptus
  - Touch: warm shower, soft blanket
  - Sound: nature sounds, calming music
  - Sight: candlelight, soft colors
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## Day 1. First things first: rethinking stress

*“What if stress isn’t the enemy, but a messenger?”* — Dr. Kelly McGonigal

*Body Check-In:* What happens in your body when you think of the word “stress”? Tightness, heat, breath changes?

*Journaling Prompts:*

- What is my current relationship to stress?
- Can I think of a time stress helped me grow?

*Anchor Practice:* Sit quietly. Inhale the word “strength,” exhale the word “growth.” Repeat 10 times.

*Evening Reflection:* How did my perspective on stress shift today?

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## Day 2. Back to the body

*“The body always leads us home... if we’re willing to listen.” – Resmaa Menakem*

*Body Check-In:* What sensations are present right now? Name them with curiosity.

*Journaling Prompts:*

- When was the last time I truly felt safe in my body?
- What would it feel like to come home to myself?
- How often do I check in with my body each day?

*Anchor Practice:* 5 rounds of belly breathing with hands on belly. Inhale 4, exhale 6.

*Evening Reflection:* What did I notice about how I carried myself physically today?

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## Day 3. Increasing your tolerance to stress

*“Stress is not the enemy. It’s the response that matters.” — Dr. Gabor Maté*

*Body Check-In:* After a brisk walk or light shake-out, notice: How does activation feel in your body?

*Journaling Prompts:*

- What’s one healthy way I’ve responded to stress recently?
- Where can I push my edge just slightly without overwhelming myself?

*Anchor Practice:* Power pose for 2 minutes, then breath in through nose, long exhale out the mouth (4x).

*Evening Reflection:* Did I meet any discomfort today with more capacity?

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## Day 4. Stress as a catalyst for growth

*“Regulation isn’t about always being calm—it’s about coming back home to yourself again and again.” — Unknown*

*Body Check-In:* How does your belly feel before and after energizing breath?

*Journaling Prompts:*

- How can I use discomfort to fuel clarity or motivation?
- What part of me wants to grow right now?

*Anchor Practice:* 5 deep slow breaths in and out through your nose

*Evening Reflection:* What insight did I gain from energizing today?

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## Day 5. In vs. Out of your control

*“Your perception of stress can be more toxic than the stress itself.” — Dr. Kelly McGonigal*

*Body Check-In: Where are you holding on tightly? Where could you soften?*

*Journaling Prompts:*

- What’s one thing I can control today?
- What can I surrender?

*Anchor Practice: Identify 3-5 things you can hear on your next walk out in nature*

*Evening Reflection: Where did I practice surrender today?*

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## Day 6. The Power of your nose

*“Your nose is for breathing. Your mouth is for eating.” — Patrick McKeown*

*Body Check-In:* Is my breath moving through my nose easily? Can I soften the inhale?

*Journaling Prompts:*

- How often do I catch myself mouth breathing?
- What might shift if I stayed nasal all day?

*Anchor Practice:* 10 slow nasal-only breaths. Feel the coolness on the inhale, warmth on the exhale.

*Evening Reflection:* How did nasal breathing change my focus or energy?

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## Day 7. Lessons from the animal kingdom

“You may not control all the events that happen to you, but you can decide not to be reduced by them.” - Maya Angelou

*Body Check-In:* After a shake-out, how does your body feel now?

*Journaling Prompts:*

- What do I do to release tension?
- What does my body want to shake off?

*Anchor Practice:* Do a full body shake for 1–2 minutes. Then place a hand on your heart.

*Evening Reflection:* Did I let myself discharge tension today?

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## Day 8. Humm for wellbeing

*“The nervous system speaks in sensations, not words. Learn its language.” — Irene Lyon*

*Body Check-In:* Notice vibration in chest or face after humming. Where does it travel?

*Journaling Prompts:*

- What sounds soothe me?
- When do I feel the most vibrationally alive?

*Anchor Practice:* Hum for 3 rounds with different pitches. Notice how it makes you feel.

*Evening Reflection:* What shifted after I brought sound into my breath today?

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## Day 9. Restoring chemical balance

*“Balance isn’t something you find. It’s something you create.” - unknown*

*Body Check-In:* Notice the rhythm of your breath. Does it feel rushed, shallow, or gentle and balanced?

*Journaling Prompts:*

- What areas of my life need more balance?
- How does structure help my nervous system?

*Anchor Practice:* Box breathing (Inhale 4, hold 4, exhale 4, hold 4) for 4 rounds.

*Evening Reflection:* Did I create more internal balance today?

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## Day 10. Connection as prevention

*“You don’t have to hustle for your worth. You are already enough.” — Brianna Wiest*

*Body Check-In:* Think of someone you love. What sensations arise in your chest?

*Journaling Prompts:*

- Who makes me feel safe and connected?
- How can I offer that feeling to someone else?

*Anchor Practice:* Message the person you thought of during today’s practice

*Evening Reflection:* How did I connect today—with myself or others?

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## Day 11. Instant Calm

*“Trauma is not what happens to you. It’s what happens inside you as a result of what happens to you.” — Gabor Maté*

*Body Check-In:* Try a sigh. Notice jaw, shoulders, chest. What softens?

*Journaling Prompts:*

- What helps me find instant relief?
- Where do I carry tension in moments of stress?

*Anchor Practice:* Return to the Physiological sigh (double inhale through nose, long exhale through mouth), whenever you feel stress or overwhelm

*Evening Reflection:* How quickly could I access calm today?

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Day 12. Sleep is the foundation

*“To come home to your body is the most radical act of self-love.” — Andrea Glik*

*Body Check-In:* Where do I feel fatigue? What does my body need before sleep?

*Journaling Prompts:*

- What helps me wind down?
- How do I feel after a full night’s rest?

*Anchor Practice:* light a candle and sip a cup of calming herbal tea before bed

*Evening Reflection:* How did I support my sleep today?

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Day 13. Gratitude as an antidote to stress

*“Gratitude turns what we have into enough.” - unknown*

*Body Check-In:* Think of something you're grateful for. How does it shift your breath?

*Journaling Prompts:*

- What am I grateful for in my body?
- What did today gift me?

*Anchor Practice:* Practice gratitude with a friend, a loved one or a family member tonight. Notice how it makes you feel.

*Evening Reflection:* How did gratitude shift my state today?

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## Day 14. The breath + sound Journey

*“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.” - Maya Angelou*

*Body Check-In:* Tune in after your breath + sound journey. What’s alive in you now?

*Journaling Prompts:*

- What parts of me feel more regulated or open?
- What practice do I want to commit to beyond this journey?

*Anchor Practice:* 3 deep breaths followed by 3 hums. Place hands on chest and belly. Let sound anchor the moment.

*Evening Reflection:* What will I carry forward from this journey?

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## Final Integration

Theme: Integration & Inner Leadership

*Journal Prompts:*

- What's changed in how I relate to stress?
- What practice do I want to carry forward?
- What am I proud of?

*Future Self Letter:* Write a letter from your current, more regulated self to your future self. Include encouragement, wisdom, and reminders of what truly matters.

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You Made It — The Finish Line

You've just completed a powerful journey of breath, reflection, and nervous system renewal. Over the last 14 days, you've shown up for yourself with intention, curiosity, and care—one moment, one breath at a time. That's not a small thing. That's transformation.

Thank You

Thank you for trusting this process.

Thank you for choosing to slow down in a world that tells you to speed up. And thank you for meeting your nervous system with compassion and attention. This practice is not about perfection—it's about returning to yourself again and again.

You've planted seeds that will continue to grow long after today.

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## What's Next?

Your reset doesn't end here. Integration is where the magic continues, and in truth, also begins.

Here's how you can take this work deeper:

- Revisit your favorite journaling prompts or meditations anytime
- Continue practicing 1–2 of your favorite breath techniques regularly
- Invite friends or loved ones into this work—healing is contagious
- Consider joining any of my 1:1 Coaching Programs for a deeper 8 week guided and customized plan, encompassing all aspects of health from stress management, sleep, diet, movement and identity work.

The programs are carefully curated based on your specific needs. As a participant of this journey, you will receive a 10% discount on all of my 1:1 services offered. See descriptions below and inquire within.

Keep breathing. Keep listening. Keep coming home to yourself.

— With gratitude and grounded strength,

Lovisa, The Exhale Collective

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Holistic, science-backed programs to transform your health, reduce stress levels, and elevate your wellbeing

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## The Foundations Program

- 8 week program
- 4x connects
- **Focus:** Breath & nervous system regulation for stress, anxiety, overthinking
- **Goal:** Reduced stress, improved ability to identify stress & self-regulate
- Identification and treatment of any breathing dysfunction
- Robust coaching on nervous system regulation
- Personalized breath prescriptions, updated each session
- Email support (within 48 hours)
- Life-time access

## The Integrative Program

- 8 week program
- 6x connects
- **Focus:** Nervous system regulation for stress, anxiety, overthinking + sleep optimization
- **Goal:** The foundations program + improved sleep & sustainable, health promoting evening/morning routines. Increased mind-body awareness.
- Foundations Program Inclusive
- 2-week sleep diary & tailored sleep recommendations
- Choose 1 add-on for additional educational insights and coaching; Diet, Movement, Identity, or Identity work/Social Connection
- Ongoing email support

## The Optimization & Embodiment

- 8 week program
- 8x connects
- **Focus:** Comprehensively on Stress Management, Sleep, Diet, Movement, Identity work/Social connection
- **Goal:** The integrative program + establishment of life changing habits
- Major life transitions, burnout\*, mindset & awareness work
- WhatsApp support throughout
- You choose which areas to emphasize
- Final call dedicated to habit integration
- Continuous education
- Accountability coaching

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# Foundations Program

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For the independent self-healer ready to reduce anxiety  
deepen breath awareness and improve stress resilience.

- Designed for those who struggles with stress, anxiety, and overthinking, and are ready to take the lead on their healing journey.
  - What to expect: Customized, science-backed approach to build a resilient nervous system, and create sustainable daily habits that support calm, creativity, clarity, and vitality. 4x Bi-weekly calls or meet-ups where you get individual coaching for breathing dysfunctions, anxiety, stress management & nervous system regulation, through breathwork and other holistic lifestyle practices. Ongoing assessments and progression tracking via reliable tools.
  - Focus: Nervous system regulation through breath science. Holistic lens with primary focus on stress & breathing mechanics
  - Outcome: Reduced stress and anxiety. More grounded, energized, improved focus, improved posture, and in tune with your body. You'll learn science-backed tools to feel centered and capable of managing daily stress with simple, effective breathwork techniques you can rely on. Through personalized routines you'll gain deeper understanding of how to regulate stress, and align your lifestyle with your values.
  - Customized plan updated live, educational videos and content
  - Life- time access to the program, and all educational materials.
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# Integrative Program

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For those seeking deeper restoration, stress reduction, increased mind-body connection and lifestyle alignment.

- Designed for someone who wants to go beyond breathwork to manage stress and anxiety, improve their sleep quality, and make meaningful, sustainable lifestyle shifts with focused support.
  - What to expect: Foundational Program + sleep assessments, management and optimization. 6x Weekly or Bi-weekly calls/meet-ups where you get individual coaching for breathing dysfunctions, anxiety, sleep issues, stress management & nervous system regulation, through breathwork, down-regulation, and other holistic lifestyle practices. Integration of one other key area of the pillars of health, of your choosing (*diet, movement, identity work/social connection*). Ongoing assessments and progression tracking via reliable tools. More hands-on coaching and communication throughout.
  - Focus: Nervous system regulation through breath science & sleep assessments and tailored implementations. Holistic lens with primary focus on stress, anxiety, & breathing mechanics, and sleep optimization, sleep environment, morning and evening routines. One added key pillar of health of your choosing.
  - Outcome: Foundational Program inclusive of deeper understanding on the why behind your habits, reduced stress and anxiety with up to 50%, improved sleep, improved focus, recovery, increased energy levels, and feel more supported in your mind-body connection.
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# Optimization & Embodiment

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For those ready for a deep transformation rooted in holistic wellbeing  
with full, ongoing support

- Designed for the committed seeker who's ready to go all in. If you've already tried methods such as traditional talk therapy and other wellness trends, but still feel like something's missing. You want expert guidance, accountability, and tools that go beyond surface-level fixes. Whether you're recovering from burnout, navigating a major life transition, or craving deeper alignment in how you live. This program is inclusive of "foundations" & "integrative".
- What to expect: Customized, science-backed approach, based on all the 5 pillars of health (*stress management, sleep, diet, movement, and identity work/social connection*). Building a resilient nervous system, recover from burnout\*, and create sustainable daily habits that support calm, clarity, longevity and vitality. 8x weekly calls or meet-ups where you get individual coaching for all that is included in the Integrative program, as well as the other pillars of health. You choose which area to focus the most on based on your circumstance. Ongoing assessments and progression tracking via reliable tools. WhatsApp group for swift communication & support. Mindset, awareness work, gut-health & constipation education.
- Focus: Creating lasting transformation in your nervous system, lifestyle, and sense of self— with full-spectrum, hands-on guidance.
- Outcome: Integrative Program inclusive of a powerful, personalized routine and a deep sense of alignment in how you live, breathe, move, eat, rest, and relate to the world around you.

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\*Burnout may require a longer time period of working together, depending on the severity of the circumstance

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