

DR. SHANNON BURKE

Nervous System & Menopause Specialist



THE NERVOUS SYSTEM RESET

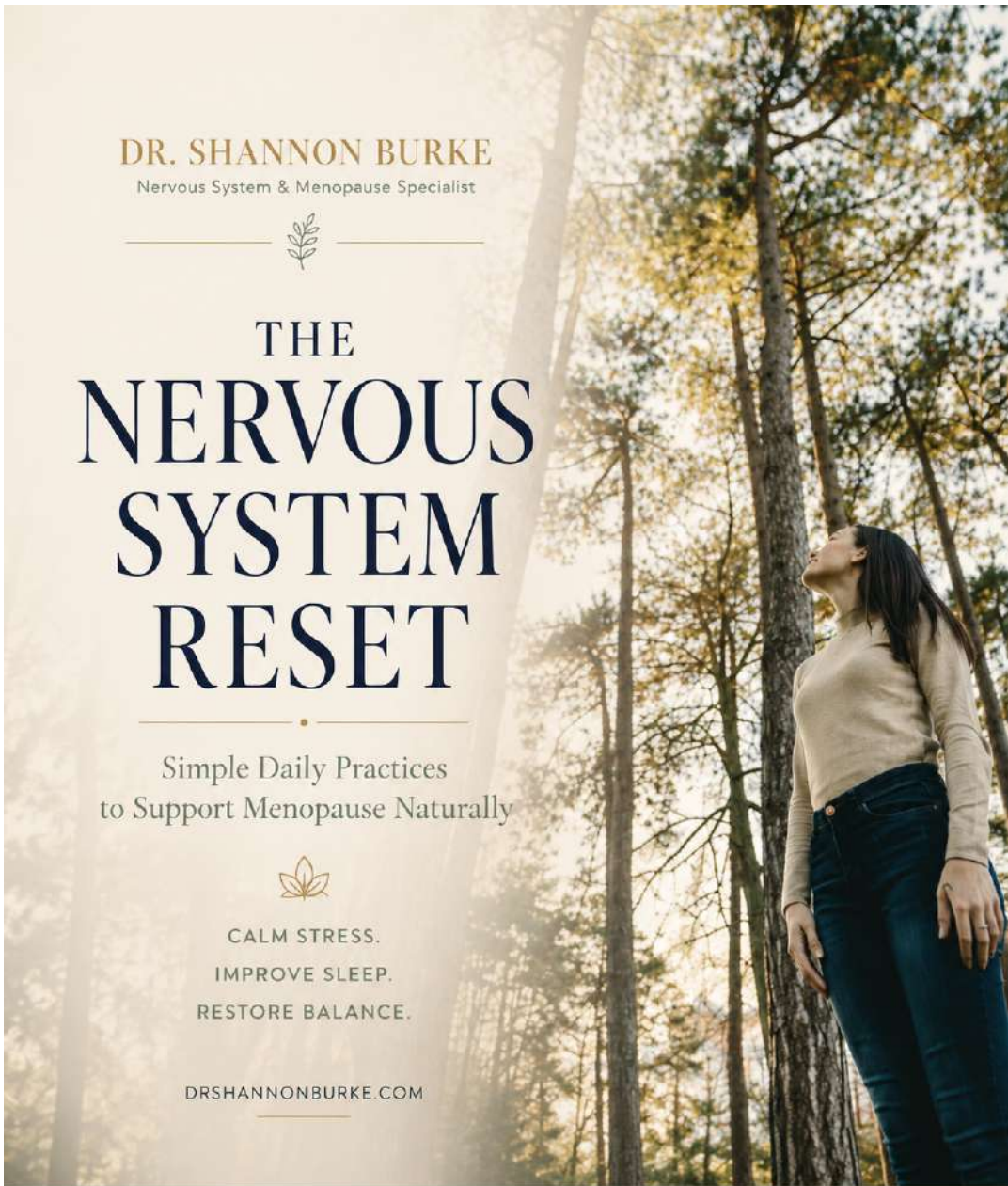
Simple Daily Practices
to Support Menopause Naturally



CALM STRESS.
IMPROVE SLEEP.
RESTORE BALANCE.

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Midlife isn't the end of you. *It's the rise of you.*





Start Your Day in Regulation

These simple morning practices help signal safety to your nervous system and set the tone for the day ahead.



1. Morning Light

Let natural light be one of the first things your eyes take in.

Morning light helps regulate your circadian rhythm, improves cortisol timing, supports healthy energy levels throughout the day, and promotes better sleep later that night.



HOW TO PRACTICE

Step outside or sit by a window for 10–15 minutes within 30 minutes of waking.



2. Breathing

Your breath is one of the most powerful tools to calm your body.

Slow, intentional breathing activates your vagus nerve, reduces stress hormones, and helps your body shift out of survival mode.



HOW TO PRACTICE

- Inhale for 4 seconds
 - Hold for 7 seconds
 - Exhale for 8 seconds
- Repeat for 4–8 cycles.



WHY IT WORKS

The extended exhale helps stimulate the vagus nerve, lowers cortisol and adrenaline, and encourages your body to shift from a stress response into a calmer, more regulated state.



Small moments. Big shifts.
YOU ARE WORTH THE CARE.

Daily Practices That Rewire Stress

These simple, repeatable practices help send signals of safety to your nervous system throughout the day.

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You don't have to overhaul your life. Small, consistent moments of safety create big changes in how your body feels and functions.

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WALKING

Especially After Meals

HOW

Take a 10-minute walk daily.
Bonus: walk after lunch or dinner.

WHY

Helps regulate blood sugar, cortisol, and nervous system tone while improving energy and mood.



GROUNDING

Reconnect to the Present

HOW

Stand or sit barefoot on the earth for 5–10 minutes.

WHY

Reduces fight-or-flight responses by calming inflammation and cortisol patterns.



TREE GROUNDING

Deeper Nervous System Reset

HOW

Stand with your back against a tree or place your hands on the tree while barefoot for 2–5 minutes. Breathe slowly with long exhales and relax into the support.

WHY

Increases “rest-and-recover” brain signals, balances hormones, and supports emotional regulation.



HUMMING & SINGING

Vocal Cord Vibration

HOW

Hum, sing, or chant for 2–5 minutes.

WHY

Stimulates the vagus nerve, promotes calming neurotransmitters (like acetylcholine), and lowers cortisol output.





STRESS RESILIENCE

Build Resilience in *Small Moments*

These practices help your nervous system adapt to stress and return to balance faster.



7. Cold Exposure

A short burst of cold can have a powerful regulating effect.

Cold exposure helps build resilience, reduce inflammation, boost mood, and strengthen your body's ability to handle stress.



HOW TO PRACTICE

End your shower with 30–60 seconds of cold water or try cold face plunges throughout the day. Breathe deeply and stay present. Discomfort is temporary. The benefits last.



8. Pause & Release

*You don't need more willpower.
You need more pauses.*

Intentional pauses interrupt the stress cycle and give your nervous system a chance to reset.



HOW TO PRACTICE

Take 3 conscious pauses today. Stop. Breathe. Release your shoulders. Exhale slowly. Ask yourself: "What do I need right now?" Then let that be enough.



Resilience isn't about never feeling stress.
IT'S ABOUT RECOVERING WITH GRACE.



SLEEP RESET

Rest Deep. Wake Restored.

Small shifts in your evening
create the deep rest your body craves.



SLEEP HYGIENE



Good sleep isn't a luxury during menopause—it's essential. These practices help calm your nervous system and prepare your body for restorative, healing sleep.



WHY IT MATTERS

Good sleep helps regulate: cortisol, blood sugar, appetite, hormones, and mood.



7. COLD EXPOSURE

A short burst of cold can have a powerful regulating effect. End your shower with 30–60 seconds of cold water or splash cold water on your face.



8. PAUSE & RELEASE

Take 3 conscious pauses today. Stop. Breathe. Release your shoulders. Exhale slowly. Ask yourself, "What do I need right now?" Then let that be enough.



3. CHOOSE CALMING OVER CAFFEINE

Limit caffeine after noon and opt for herbal tea or warm water in the evening to support relaxation.



4. WIND DOWN YOUR NERVOUS SYSTEM

Try gentle stretching, deep breathing, journaling, gratitude lists, and listening to brown noise to slow your mind and signal safety to your body.



5. MAKE YOUR SPACE A SANCTUARY

Keep your room cool, dark, and quiet. Your environment matters more than you think.



REMEMBER

*Sleep is not a reward.
It is part of your
healing.*

When you prioritize rest, you regulate stress, balance hormones, improve mood, and wake you better able to show up for your life.

*Rest is productive. Rest is powerful.
Rest is your reset.*



You deserve deep rest. You deserve to feel like yourself again.

You are worth the care.

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