



FOR THE OVERSTIMULATED SYSTEM

Your 7-Day NeuroFlow™ Reset Workbook

**Your system may be carrying too much input.
The next step is not more force. It is honest recovery.**

A simple 7-day printable workbook for your quiz result.



Know your pattern. Drop the shame. Build your brilliance.

 START GENTLY

Before You Begin

This workbook is not a diagnosis, therapy, or medical treatment.

It is a self-reflection and nervous-system support tool.

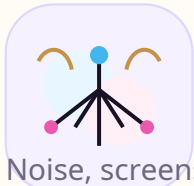
- ✓ Use it gently.
- ✓ Go slowly.
- ✓ You do not have to do it perfectly.

The goal is not to fix yourself.

The goal is to understand your operating pattern and support it better.

How to use this workbook

- ✓ Use one gentle practice for 7 days.
- ✓ Write, draw, map, or make notes in your own style.
- ✓ If it feels too much, pause and return later.
- ✓ Repetition matters more than intensity.



The Overstimulated System: what this means

Noise, screens, people, clutter, emotions, decisions, and speed may drain you faster than others realise.

- ✓ You may feel tense, heavy, foggy, restless, or irritable.
- ✓ You may need quiet but feel guilty asking for it.
- ✓ You may scroll when overwhelmed, even if it drains you more.

The problem begins when your system receives more input than it has time to process.

Then ordinary life starts feeling loud. Recovery starts feeling like laziness. Your body may keep asking for less while your mind keeps demanding more.

Most people miss this:

Most people miss this: your body may not be weak. It may be processing too much input with too little recovery.

SELF-AWARENESS WITHOUT JUDGEMENT

Your Pattern Intensity

Choose the one that feels closest. This is a mirror, not a label.

Starting to Cost You

- ☐ This pattern is showing up in small but noticeable ways.

Shaping Your Daily Life

- ☐ This pattern is regularly affecting your energy, focus, emotions, choices, or relationships.

Holding You Back Repeatedly

- ☐ This pattern is strongly active and may be keeping you stuck in repeated cycles, even when you want to move forward.

**This is not about urgency through fear.
It is about honest support before the pattern costs you more.**

 7-DAY PRACTICE

The Low-Input Pocket Practice



For the next 7 days, practise this once a day. You only need 7 minutes.

Create:

One low-input pocket today.

No phone. No talking. No multitasking. Sit, lie down, walk slowly, stretch, breathe, or look outside.

- ✓ Do not make it productive.
- ✓ Do not use this time to plan.
- ✓ Do not measure whether you became calm enough.
- ✓ Do not add more input while trying to recover.

End with this sentence:

My system is allowed to receive less input.

 WHY IT HELPS

This supports your pattern.

A sensitive nervous system may process more input than others can see.

When input keeps arriving, the body can become tense, foggy, reactive, or shut down.

Reducing input gives the system a chance to digest what it has already carried.

This practice does not ask you to do more. It teaches recovery through less.

Sometimes the most powerful reset is not adding. It is reducing what your system has to process.

Less input can create more capacity.

THE LOW-INPUT POCKET PRACTICE

Day 1

My low-input pocket today was:

Draw, write, map, or make notes in your own style.

What I notice in my body after reducing input:

One sentence I want to remember:

My system is allowed to receive less input.

THE LOW-INPUT POCKET PRACTICE

Day 2

My low-input pocket today was:

Draw, write, map, or make notes in your own style.

What I notice in my body after reducing input:

One sentence I want to remember:

My system is allowed to receive less input.

THE LOW-INPUT POCKET PRACTICE

Day 3

My low-input pocket today was:

Draw, write, map, or make notes in your own style.

What I notice in my body after reducing input:

One sentence I want to remember:

My system is allowed to receive less input.

THE LOW-INPUT POCKET PRACTICE

Day 4

My low-input pocket today was:

Draw, write, map, or make notes in your own style.

What I notice in my body after reducing input:

One sentence I want to remember:

My system is allowed to receive less input.

THE LOW-INPUT POCKET PRACTICE

Day 5

My low-input pocket today was:

Draw, write, map, or make notes in your own style.

What I notice in my body after reducing input:

One sentence I want to remember:

My system is allowed to receive less input.

THE LOW-INPUT POCKET PRACTICE

Day 6

My low-input pocket today was:

Draw, write, map, or make notes in your own style.

What I notice in my body after reducing input:

One sentence I want to remember:

My system is allowed to receive less input.

THE LOW-INPUT POCKET PRACTICE

Day 7

My low-input pocket today was:

Draw, write, map, or make notes in your own style.

What I notice in my body after reducing input:

One sentence I want to remember:

My system is allowed to receive less input.

 INTEGRATION

After 7 Days

Take a moment and notice. You do not need a dramatic breakthrough. Look for small shifts.

What changed slightly?

- ☐ I noticed what overstimulates me
- ☐ I felt less flooded after a low-input pocket
- ☐ I understood a body signal better
- ☐ I gave myself quiet without guilt
- ☐ I reduced one source of input
- ☐ I felt a little more capacity
- ☐ Something else: _____

What This May Be Teaching You

Overstimulated System is not wrong. It may simply need:

- ☒ lower input before output
- ☒ quiet pockets
- ☒ sensory support
- ☒ recovery without guilt
- ☒ support that respects processing load

 NEXT STEP

Continue with support, not self-force.

If this 7-day reset helped you understand yourself even a little better, your next step is not to force yourself harder.

Your next step is to continue with support.

JOIN THE COMMUNITY

NeuroFlow™ Reset

A space for stuck achievers with misunderstood, intense, sensitive, high-capacity minds who want to bridge the gap between wanting and doing.

[Join the community of NeuroFlow™ Reset](#)



Visit neuroflowinstitute.com

Follow NeuroFlow™ on Instagram, LinkedIn and YouTube for practical notes, reset reminders and community updates.

 YOUR GUIDE

Meet Dr. Swati Nambiar



Dr. Swati Nambiar is the founder of NeuroFlow™ Institute. Her work brings together neuroscience, psychology, trauma-informed leadership, shadow-work and behaviour-change practice to help capable people understand why they stay stuck and what actually helps them move forward.

She supports intelligent, sensitive and intense high-achievers to know their patterns, drop shame, and practise new responses until insight becomes lived change.

Qualifications and experience

- ✓ PhD in Neuroscience
- ✓ MA in Clinical Psychology
- ✓ MSc Gold Medalist in Human Genetics
- ✓ IPHM-accredited Shadow Work Practitioner and Facilitator
- ✓ TEDx speaker and published researcher
- ✓ Certified EFT practitioner and trauma-informed leadership coach
- ✓ Worked directly with 3,000+ high-achievers

Continue with NeuroFlow™ Reset

Join the Reset community. Follow on Instagram, LinkedIn and YouTube.

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