



PETRA FORER
WELLBEING STRATEGIST

HR Overview - 21-Day Nervous System Reset

The 21-Day Nervous System Reset is a practical employee wellbeing program designed to help participants regulate stress, restore energy, and build healthier responses to everyday pressure.

Over 21 days, employees receive short, accessible practices of approximately 3–5 minutes per day, 1 written exercise and 1 short video, delivered via WhatsApp. The program combines nervous system education with simple breath, body-awareness, movement, and regulation tools that can be integrated into the working day.

HR receives a clear overview of participation and anonymous pre/post feedback, offering insight into perceived stress, energy, focus, and overall wellbeing. Individual responses remain confidential.

Participants can also access personal support or brief consultation when needed, adding a human layer of guidance throughout the program.

The program is designed to be low-effort, easy to implement, and supportive of sustainable wellbeing habits rather than one-off interventions.