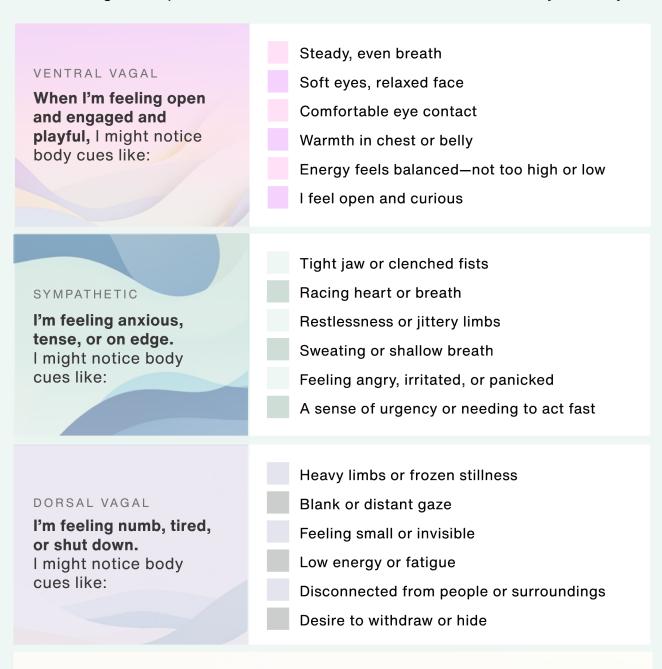


Your Nervous System Guide:

State Check-In & Regulation Routine Builder

Your nervous system sends signals through body sensations, energy levels, and emotions. Start by noticing the patterns — there's no right or wrong answer!

Read through the options below and check off what resonates with you today.



FEELING IN BETWEEN STATES?

Your nervous system isn't always in one single state—it can flow between them, creating "blended" experiences. For example, you might feel both safe and energized (ventral + sympathetic), calm yet slowed down (ventral + dorsal), or restless but drained (sympathetic + dorsal). These overlaps are normal, and show your system shifting and adapting. Keep tuning into these in-between moments — it's your body's way of navigating complexity!



Reflection Questions

What state(s) do I notice myself in most often?
What tends to push me into that state?
What do I usually do when I feel this way?

Building My Regulation Routine

Choose 1-2 micro-practices to try each day.

Keep it simple. The goal is consistency, not perfection.

Regulating Practices That Work for Me		
Lying comfortably flat on the floor Listening to calming music Gentle swaying or rocking Weighted blanket or compression Looking at nature (tree, sky, water) Drinking warm tea	Humming or toning Taking 3 slow breaths Walking in silence Curling up in a safe space Resting my eyes for 2 minutes Holding a grounding object	
My Sensory Cues of Safety		
Sounds that soothe me:		
Smells that calm me:		
People or memories that help me feel safe:		
Touch or textures that feel good to me:		
My Simple Daily Plan		
Morning support practice:		
Midday reset:		
Evening wind-down:		

Note for Therapists:

This worksheet supports clients in noticing nervous system cues and building micro-habits of regulation—ideal alongside use of the Safe and Sound Protocol and Rest & Restore Protocol.

