



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.

VENTRAL VAGAL

When I'm feeling open and engaged and playful, I might notice body cues like:

- ☐ Steady, even breath
- ☐ Soft eyes, relaxed face
- ☐ Comfortable eye contact
- ☐ Warmth in chest or belly
- ☐ Energy feels balanced—not too high or low
- ☐ I feel open and curious

SYMPATHETIC

I'm feeling anxious, tense, or on edge. I might notice body cues like:

- ☐ Tight jaw or clenched fists
- ☐ Racing heart or breath
- ☐ Restlessness or jittery limbs
- ☐ Sweating or shallow breath
- ☐ Feeling angry, irritated, or panicked
- ☐ A sense of urgency or needing to act fast

DORSAL VAGAL

I'm feeling numb, tired, or shut down. I might notice body cues like:

- ☐ Heavy limbs or frozen stillness
- ☐ Blank or distant gaze
- ☐ Feeling small or invisible
- ☐ Low energy or fatigue
- ☐ Disconnected from people or surroundings
- ☐ Desire to withdraw or hide

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!



WHAT IS YOUR BODY TELLING YOU TODAY?

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?

A ROUTINE THAT GENTLY SUPPORTS YOUR NERVOUS SYSTEM

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

- | | |
|---|--|
| <input type="checkbox"/> Lying comfortably flat on the floor | <input type="checkbox"/> Humming or toning |
| <input type="checkbox"/> Listening to calming music | <input type="checkbox"/> Taking 3 slow breaths |
| <input type="checkbox"/> Gentle swaying or rocking | <input type="checkbox"/> Walking in silence |
| <input type="checkbox"/> Weighted blanket or compression | <input type="checkbox"/> Curling up in a safe space |
| <input type="checkbox"/> Looking at nature (tree, sky, water) | <input type="checkbox"/> Resting my eyes for 2 minutes |
| <input type="checkbox"/> Drinking warm tea | <input type="checkbox"/> 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.

