

NERVOUS SYSTEM CHECK-IN

Q RIGHT NOW I FEEL: x

- ☐ Calm
- ☐ Tired
- ☐ Overwhelmed
- ☐ Restless
- ☐ Anxious
- ☐ Disconnected
- ☐ Hopeful
- ☐ Energized

What might be contributing to this feeling?

Where do I feel these emotions in my body?

What would feel supportive right now?

What is my body trying to protect or restore?

What would nourishment look like right now?

What can help me feel more regulated?

What is one thing I can do to care for my body and nervous system regulation in the next ten minutes?

What is one thing that is already okay with me?

What is one thing I don't need to solve today?

MY BODY NEEDS: x

- | | |
|------------------------------------|-------------------------------------|
| ☐ Water | ☐ Food |
| ☐ Rest | ☐ Movement |
| ☐ Quiet | ☐ Connection |
| ☐ Fresh Air | ☐ Creativity |
| ☐ Comfort | ☐ Play |

CHECKING IN