

My Nervous System Check-In

Notice whether you feel settled, activated, overwhelmed, shut down or disconnected.

How activated or settled do I feel right now?

Do I feel restless, tense or on alert?

Do I feel flat, disconnected or shut down?

Do I feel present and able to connect?

What happened before I began feeling this way?

What usually helps me feel grounded?

Who or what helps me feel safer?

One regulating action I could try is...
