

## Caring for Your Central Nervous System – Daily Worksheet

### 1. How Am I Arriving Today?

Hyperarousal (activated / overwhelmed)

- Racing thoughts
- Tense or restless body
- Irritable or wired
- Feeling “on alert”
- Hard to slow down

Hypoarousal (shut down / low energy)

- Numb or disconnected
- Hard to think clearly
- Low motivation
- Feeling flat or empty
- Wanting to withdraw

My body feels: \_\_\_\_\_

### 2. Mindful Breathing Practice

Choose one:

- Guided Meditation – Title / Link: \_\_\_\_\_
- Box Breathing – Inhale 4 / Hold 4 / Exhale 4 (4 cycles)
- Grounding Object + Slow Breathing – Object: \_\_\_\_\_
- Nasal Breathing Practice

How did my breathing feel today?

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### 3. Gentle Activation or Soothing

If overactivated (hyperaroused):

- Slow guided breathwork
- Sound healing / calming frequencies
- Holding a grounding object
- Gentle stretching

If underactivated (hypoaroused):

- Light movement (walk, stretch)
- Breath awareness
- Soft music or uplifting sounds
- A warm drink or warm shower

What I chose: \_\_\_\_\_

### 4. Connection Check-In

Who can I connect with today?

Friend  Family member  Support group  
 Therapist  Online community  No one today

What type of connection would feel good?

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#### 5. Additional Nervous System Practices

Somatic movement  
 Progressive muscle relaxation  
 5-senses grounding  
 Journalling for 5 minutes  
 Create or follow a routine  
 Cold dip / cold shower (with careful breathing)

What I did: \_\_\_\_\_

How I felt afterwards: \_\_\_\_\_

#### 6. Reflection for Today

I noticed: \_\_\_\_\_  
My body feels: \_\_\_\_\_  
Something I'm proud of: \_\_\_\_\_  
Something I need next: \_\_\_\_\_