

## 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?

\_\_\_\_\_

### 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: \_\_\_\_\_