

# IASIS / Neurofeedback & Nervous System Regulation

## Purpose:

This worksheet offers an educational introduction to how neurofeedback supports the nervous system's capacity for self-regulation. It is not a treatment or assessment.

## Understanding IASIS Neuro-feedback & Regulation

IASIS Neuro-feedback supports the brain's natural ability to regulate itself. Rather than forcing change, it provides gentle feedback that allows the nervous system to shift toward balance over time.

## This approach is often used to support:

- Emotional regulation
- Stress resilience
- Cognitive clarity
- Sleep and recovery
- Nervous system flexibility

## Awareness Check-In

### Right now, I notice:

- My mental state feels:
  - Focused  Scattered  Calm  Fatigued
- My emotional tone feels:
  - Steady  Reactive  Flat  Grounded
- My body feels:
  - Relaxed  Tense  Neutral

## **Gentle Brain Awareness Practice**

**For 30–60 seconds, simply notice your internal state without trying to change it.**

**Silently remind yourself:**

**“My nervous system is allowed to find its own balance.”**

**No effort. No judgment.**

### **Reflection**

**After this brief pause, I notice:**

**Closing Thought:**

**Regulation is not forced—it emerges when the nervous system is supported.**

**\*Educational use only. Not a substitute for clinical neurofeedback or therapy.\***