

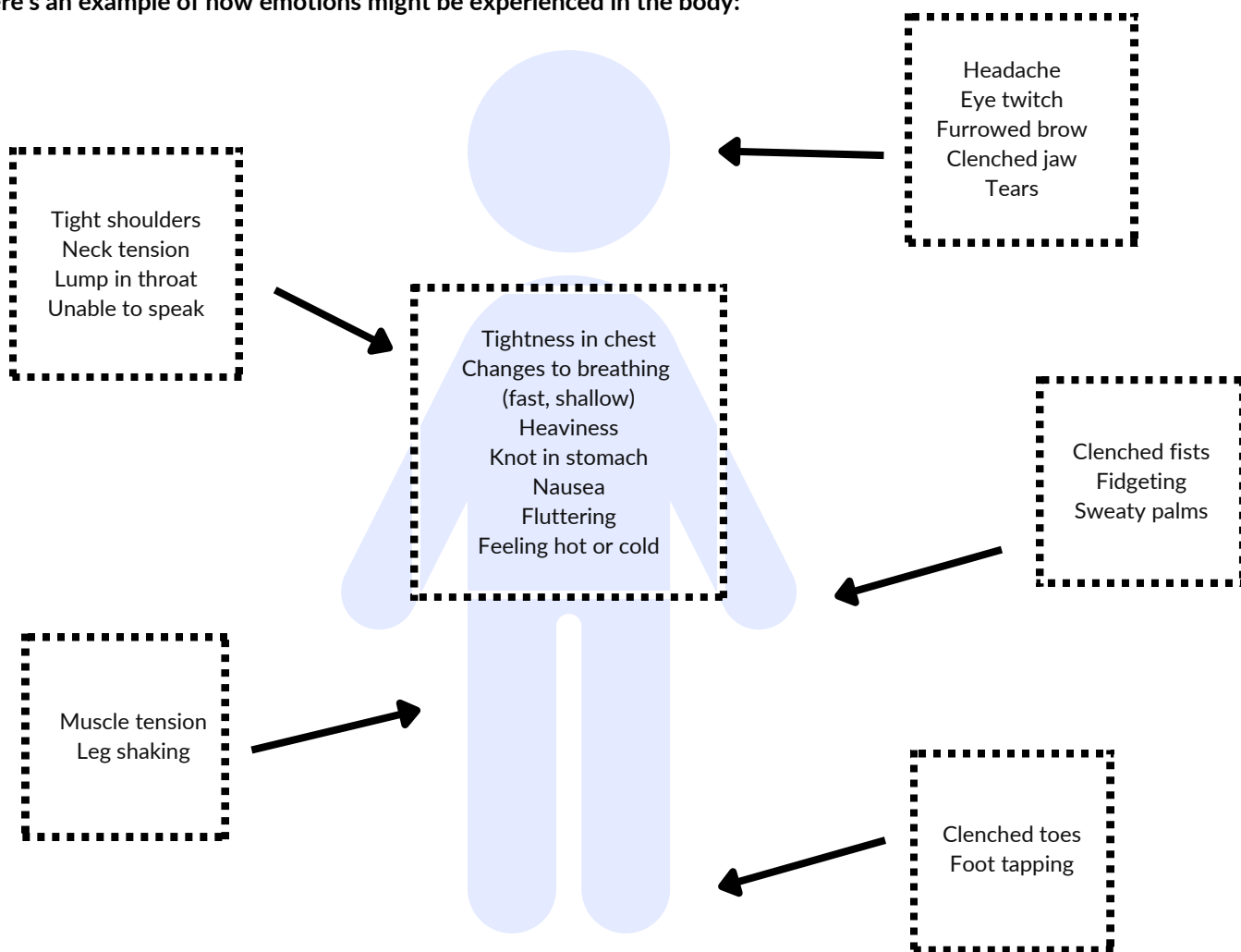
# Nervous System Regulation

Nervous system dysregulation occurs when your body becomes overwhelmed by chronic stress, trauma, or emotional strain, causing it to get “stuck” in the extremes of high anxiety or a low-energy, shut-down state. This can look like racing thoughts, difficulty sleeping, feeling jumpy, or even physical symptoms like a racing heart or tense muscles. On the other hand, dysregulation can also manifest as exhaustion, numbness, or a sense of disconnection from yourself or others. These signs show that your nervous system isn't balancing well between states of alertness and rest.

**Regulating your nervous system means finding ways to help your body feel calm, safe, and grounded, even in the face of stress.** It's about using techniques that help you shift out of states of high alert or shutdown and move toward a place where you feel more stable and centered. By learning to regulate your nervous system, you can improve your ability to cope with life's challenges, experience more emotional balance, and feel more connected to yourself and others.

This worksheet will guide you in recognizing how your emotions show up as physical sensations, like tension, fluttering, or heaviness. Understanding these sensations is the first step in managing stress and emotions more effectively. You'll learn to tune into your body's signals and practice techniques to help calm or soothe these responses, giving you tools to handle stress and emotional challenges in a healthier way.

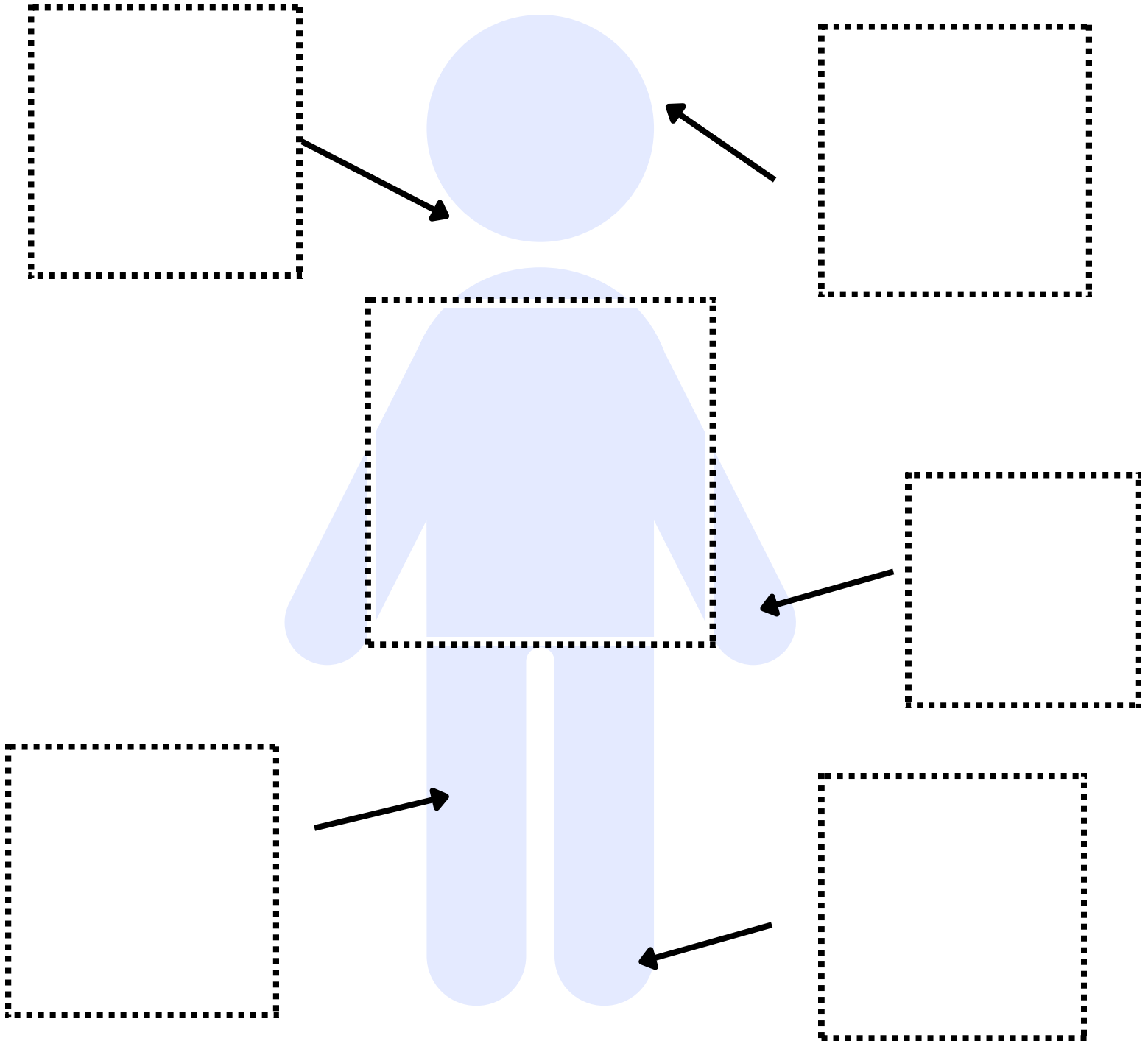
Here's an example of how emotions might be experienced in the body:



# Nervous System Regulation

## PART 1: Scan Your Body for Sensations

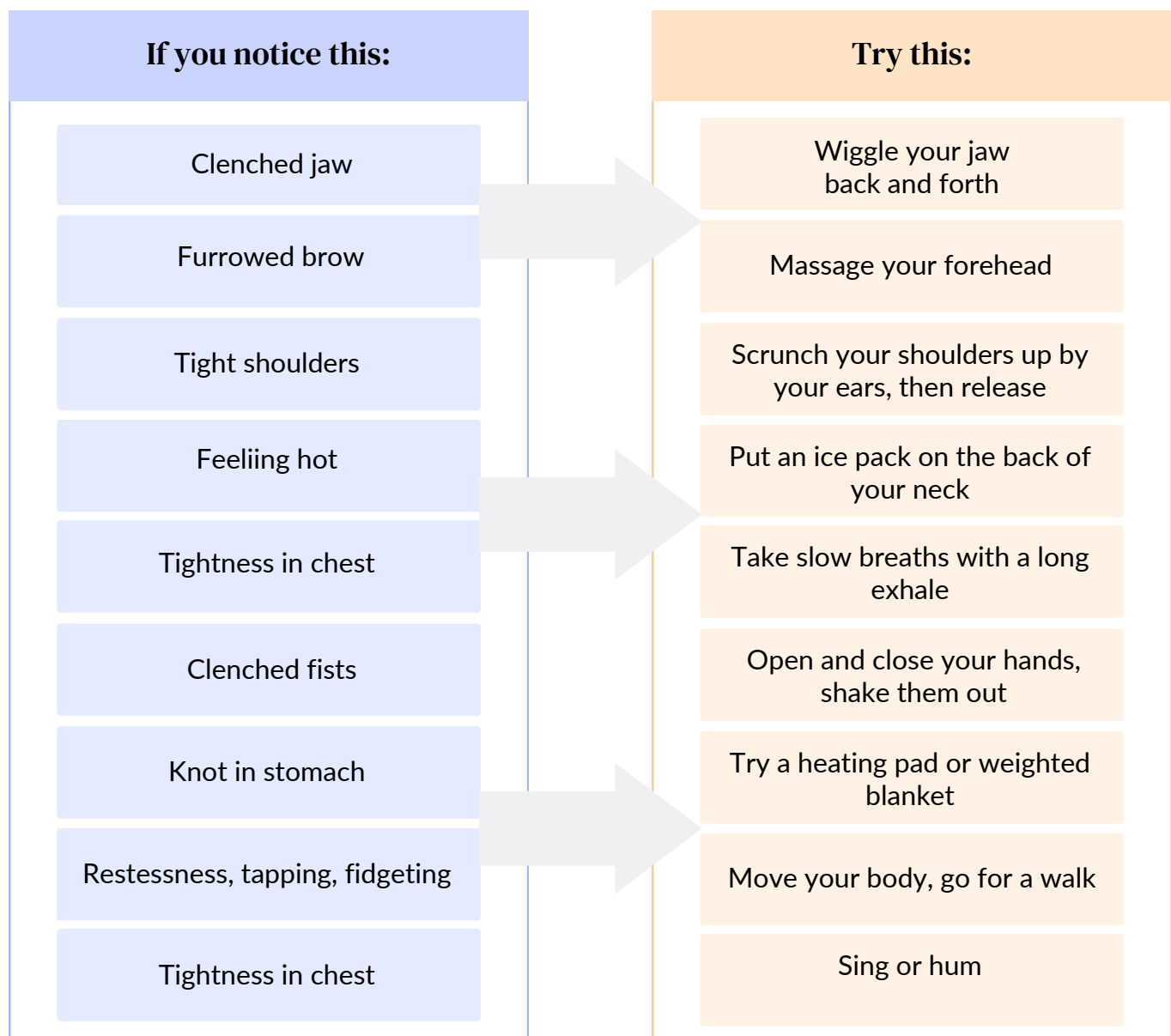
Starting with your feet and working your way up, notice any physical sensations. These can be positive, neutral, or uncomfortable. There is no wrong answer. Just notice what you notice and write it down. Here's an example of how emotions might be experienced in the body.



One way to regulate your nervous system is by addressing the physical sensations that come up when you are feeling strong emotions. This could include changing your temperature, relaxing a muscle, or doing something that feels soothing.

## PART 2: Regulating the Nervous System

Now, what to do about it? When you're feeling a difficult emotion, first notice what it feels like in your body then try one of these techniques. Notice how you feel afterward.



# Nervous System Regulation

Daily self-care for the nervous system is important for being able to cope with physical and emotional responses to difficult situations. This means engaging in activities that help you feel centered, grounded, present and calm on a daily basis. Stress, illness and even the pressures of everyday life can dysregulate the nervous system, and these activities can help you move through your emotions in a healthy way.

## PART 3: Daily Nervous System Self-Care

Nurture your nervous system! Use this worksheet to help you rate how often you do these practices, then add this list to your daily self-care routine.

### Ranking

- 1 I rarely engage in this, and it is not a regular part of my routine.
- 2 I occasionally engage in this, but it is not consistent.
- 3 I regularly engage in this, and it is a frequent part of my routine.
- ★ I want to do this more frequently.

1 2 3

### ★ Nervous System Self-Care

<input type="checkbox"/>	<input type="checkbox"/>	Practice breathing including taking slow breaths with a long exhale
<input type="checkbox"/>	<input type="checkbox"/>	Move your body, stretch or go for a walk
<input type="checkbox"/>	<input type="checkbox"/>	Do 5 minutes of mindfulness meditation, simply noticing your senses
<input type="checkbox"/>	<input type="checkbox"/>	Tense and relax each muscle group in your body starting with the toes and working up
<input type="checkbox"/>	<input type="checkbox"/>	Take a break from screens and any over-stimulating media
<input type="checkbox"/>	<input type="checkbox"/>	Listen to soothing music or sounds
<input type="checkbox"/>	<input type="checkbox"/>	Take a warm bath or shower
<input type="checkbox"/>	<input type="checkbox"/>	Do aromatherapy with essential oils or a favorite candle
<input type="checkbox"/>	<input type="checkbox"/>	Spend time outdoors in nature
<input type="checkbox"/>	<input type="checkbox"/>	Drink a cup of comforting tea or another soothing ritual before bed



# Nervous System Regulation

Journaling can be a powerful tool for building new habits that support nervous system regulation. It allows you to explore which techniques or coping tools are most effective, so you can refine your routine.

## PART 4: Daily Reflection

Reflect on how you feel each day as you practice these techniques. Track the techniques you are using, how effective they were, and any patterns of changes you have noticed. Create extra copies of this page for each day of the week.

**Which techniques did you use today?**

---

---

---

**Which technique was the most effective?**

---

---

---

---

**Which techniques were not effective and need to be adjusted?**

---

---

---

---

**Rate your nervous system regulation today (1-10)**



# Identifying Your Anxiety Triggers

Anxiety triggers are specific people, places, situations, or stimuli that can provoke feelings of anxiety, sometimes reminding you of past stressful or overwhelming experiences. Some triggers may be obvious, while others are subtle and harder to pinpoint. Becoming familiar with your triggers can help you build effective coping strategies to manage anxiety in healthy ways.

You might already recognize some of your triggers. List them below:

## Sounds

---

---

---

## Sights

---

---

---

## Smells

---

---

---

## Emotions

---

---

---

## Locations

---

---

---

## Situations

---

---

---





# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



300+  
Companies Reviewed



2,350+  
Hours of Firsthand Experience



1,150+  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

