

Daily Nervous System Check-In

Notice • Reflect • Respond

Your nervous system is constantly communicating through sensations, emotions, thoughts, and behaviors. This check-in offers a moment to pause, notice what is present, and practice responding with curiosity and care.

Date: _____

Time: _____

How am I feeling?

- ☐ Connected & Present
- ☐ Activated & Overwhelmed
- ☐ Tired & Disconnected

What does it feel like?

- | | |
|--------------------------------|-----------------------------------|
| ☐ Tight | ☐ Cool |
| ☐ Heavy | ☐ Tingling |
| ☐ Light | ☐ Restless |
| ☐ Warm | ☐ Calm |

How intense is the feeling?

1 — 2 — 3 — 4 — 5

What might my nervous system need?

- | | |
|-------------------------------------|-------------------------------------|
| ☐ Rest | ☐ Comfort |
| ☐ Movement | ☐ Space |
| ☐ Connection | ☐ Support |
| ☐ Action | ☐ Boundaries |

Where is the feeling in my body?

