



Season 1 | Episode 3: Regulating Your Nervous System

A guided companion for pausing, noticing what your body and mind have been carrying, and reflecting on what you may need now.

TOOL #1 | THE BODY SCAN CHECK-IN

Pause for just a single second right now. Notice your immediate physical alignment:

- Where are your shoulders? (Are they up near your ears?)
- Is your jaw tightly clenched?
- Are you unconsciously holding your breath?
- What is your stomach doing? Is it tight or knotted?

Most people realize they've been carrying immense autonomic tension all day without any conscious awareness. Awareness is step one, because you cannot change what you don't notice.

YOUR REFLECTION:



TOOL #2 | THE SAFETY INVENTORY

Ask yourself clearly: **What helps me feel genuinely safe?**

Reflect on small elements that shift your nervous system out of fight-or-flight:

- A quiet walk in nature?
- Listening to ground music?
- Spending time with a pet?
- Co-regulating with a trusted friend?
- Feeling fresh sunshine or movement and laughter?

Create a clear list below. These specific items become your personalized nervous system first-aid kit.

YOUR REFLECTION:



TOOL #3 | THE 60-SECOND RESET

Try this rapid grounding technique when feeling sensory or emotional overload. Look around your immediate room and deliberately name:

- 5 things you can see.
- 4 things you can physically touch.
- 3 things you can distinctly hear.
- 2 things you can actively smell.
- 1 thing you can taste.

Congratulations. You just safely helped your nervous system break out of loop thoughts and return directly to the present moment.

YOUR REFLECTION:
