


Nervous System Regulation Tracker



Track, understand, and gently regulate your daily state

 In this activity, you will learn to track and reflect on your emotional and physical states. You will also learn to identify triggers and evaluate the effectiveness of regulation strategies.

Welcome to Regulation

Understanding and regulating your nervous system is key to managing stress and promoting overall well-being. When your nervous system is balanced, you feel calmer, more focused, and better able to handle challenges. This activity will help you become more aware of your body's signals and develop tools to gently bring yourself back to a calm state.

<p>What is the nervous system?</p>	<p>The nervous system is a complex network of nerves and cells that carry messages between the brain and body. It controls everything from breathing and heart rate to thoughts and feelings.</p>
<p>What is regulation?</p>	<p>Regulation refers to the ability to manage your emotional and physical state. It involves recognizing when you're feeling stressed or overwhelmed and using tools to bring yourself back to a balanced state.</p>
<p>What is a trigger?</p>	<p>A trigger is something that causes a strong emotional reaction. Common triggers can include stress at school, social interactions, or even certain thoughts or environments.</p>

Read and Reflect

Read the following prompts carefully. As you reflect on each prompt, ask yourself: How does my body and mind react in different situations? How can I gently bring myself back to calm when I feel

overwhelmed?

Daily Check-In

Date:

Time:

How do I feel right now?

Body + Mind:

- Calm
- Anxious
- Overwhelmed
- Tired
- Restless
- Focused
- Other: _____

Nervous System State

- Calm / Regulated
- Fight or Flight (Stressed / Anxious)
- Freeze (Shut down / Numb)

Hint: Check what feels the closest

Body Signals Awareness

What is my body telling me?

- Tight chest
- Fast heartbeat
- Shallow breathing
- Muscle tension
- Low energy
- Other: _____

Trigger Awareness

What may have influenced how I feel?

Writing Space:

- Work/school
- Social interaction
- Thoughts

- Environment
- Lack of rest

Regulation Tools Used

- Deep breathing
- Grounding exercise
- Movement/stretching
- Time outdoors
- Music
- Talking to someone
- Rest
- Other: _____

Breathing / Reset Tool

Inhale for 4 seconds • Hold for 4 • Exhale for 6

- 1
- 2
- 3 (track rounds)

Before & After Shift

Mood or state tracker:

Before: 😞 😐 😊 😌

After: 😞 😐 😊 😌

Or a 1–10 scale

What Helped Most:

What made the biggest difference?:

Writing space:

Gentle Reflection

What do I need right now?

How can I support myself next time?

Affirmation:

My body is trying to protect me. I can gently bring myself back to calm.

I showed myself care today

Building Connections

Now, let's connect the ideas from the worksheet to your own understanding and experiences. Complete the table below to summarize what you've learned.

Key Concept	Your Understanding	Why is this important?
How you feel right now	<i>It is important to recognize how your body feels to then be able to regulate it</i>	<i>It's important because by doing this you can then regulate it, especially if it's negative.</i>
Body signals awareness		
Trigger awareness		
Regulation tools used		
What helped most		
What you need right now		
Add a row or column as needed		

Try It Out

Use what you've learned to reflect on the questions below.

Scenario-Based Question	Write your answer here
You notice you're having a tight chest and a fast heartbeat during a test at school. You begin to feel anxious. Using the tracker, what steps can you take to regulate your nervous system in the moment?	
You have a busy day and you find yourself feeling overwhelmed and restless. You also didn't have enough rest last night. How would you use the tracker to plan regulation tools that may influence how you feel?	
Reflect on a time when you felt regulated and a time when you didn't. What might you have done differently?	

Reflect on Learning

Take a moment to reflect on the understanding, reflection, and video you've completed. Think about how the process of tracking and using regulation tools can support you in managing your nervous system.

How did tracking your body's signals and triggers help you understand your emotional and physical state better?

What was the most surprising thing you learned about yourself during this activity?

How might you continue to use the nervous system regulation tracker in the future?