

# NERVOUS SYSTEM STATES TRACKER



Track Patterns and Build Regulation Skills with Nervous System Awareness

Understand your body, track your patterns, and build regulation skills

## Understanding Your Nervous System

Your nervous system responds to stress and safety throughout the day. Learning to notice these states can help you respond with care instead of reacting automatically.

### Common States:

- **Calm / Regulated** – You feel safe, relaxed, and present
- **Fight / Flight** – You feel anxious, restless, or overwhelmed
- **Freeze / Shutdown** – You feel numb, tired, or disconnected

## Daily State Tracker

Time	State	What was happening?	Body Sensations	Emotions
Morning				
Midday				
Evening				

## Body Awareness

When I feel stressed, I notice:

- My body feels \_\_\_\_\_
- My breathing becomes \_\_\_\_\_

- My thoughts are \_\_\_\_\_
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## Triggers & Patterns

- What situations tend to shift my state?
  - Are there patterns I notice? (time, people, places)
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## Regulation Tools

What helps me return to calm?

- Deep breathing
  - Walking or movement
  - Listening to music
  - Talking to someone
  - Grounding (5-4-3-2-1)
  - Other: \_\_\_\_\_
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## Create Your Personal Reset Plan

- When I notice I am in fight/flight, I will:
  
  - When I notice I am in freeze, I will:
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## Reflection

- What state did I experience most today?
  - What helped me feel more regulated?
  - What is one small thing I can try tomorrow?
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## Notes

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**“Awareness is the first step to regulation.”**