

What does
my nervous
system need
right now?



By Kidest OM



© 2021 Kidest OM

(Kidest Mengistu). All Rights Reserved.



TERMS OF USE

This digital download is for personal, non-commercial use only. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means—including photocopying, recording, or other electronic or mechanical methods—without the prior written permission of the author, except in the case of brief quotations used in critical reviews or academic reference.



Professional Disclaimer

The information and exercises in this downloadable tool are intended for personal growth, educational, and inspirational purposes only. They are **not a substitute for professional medical, psychological, or therapeutic care.**

If you are experiencing physical or emotional symptoms that require professional attention, please consult a qualified healthcare or mental health professional.

All practices and tools shared here are meant to **complement—not replace—professional advice**, and should be used at your own discretion and responsibility.

About This Worksheet



WHY THIS MATTERS

One of the best ways to help your nervous system in times of challenge and change is to prepare a list of self-regulation options for yourself in advance.



Needs Change Over Time

Your nervous system will have different needs at different times. What soothes you today may not be what you need tomorrow.



Prepare in Advance

Deciding what helps you while you are calm is far easier than trying to figure it out in the middle of a stress response.



Move Out of Fight or Flight

An accessible, visible list makes it much easier to know what your nervous system needs to move out of the flight/fight/freeze response and return to the rest-and-digest state. You can come back, again and again, to your menu of self-regulation options and see what feels right in the moment.

How to Use This Worksheet



GETTING STARTED

Build your menu once, keep it where you can see it, and let it do the remembering for you when you need it most.



Build Your Menu

Start from the example list on the following pages, then use the blank version to create your own custom set of self-regulation options.



Place It Somewhere Visible

Put your prepared list somewhere you often visit, like your work desk or your refrigerator door, so it is easy to find and easy to see.



Check In With Yes, No, Maybe

When you feel activated, scan the list and mark each option YES, NO, or MAYBE based on what feels right to you right now.

Hydration First



WATER • THE FOUNDATION



Drink 2L to 3L Daily

Drinking 2L to 3L of water daily is a must, especially in times of stress. Aim for 10+ cups per day.



Remove an Unnecessary Stressor

Dehydration is a stressor for your physical system, so ensuring you are properly hydrated removes that unnecessary stressor.



Support Your Kidneys

Water helps you cleanse your body and supports your waste-and-toxin eliminating kidney function.



Clear the Chemicals of Stress

When you stay hydrated you also help your kidneys eliminate the increased hormones and chemicals of stress from your system.

Example Menu of Options



EXAMPLE MENU • PART 1

What does my Nervous System need right now?			
	YES	NO	MAYBE
Water (10+ Cups/Day)			
Going for a walk			
Being out in nature			
Meditation			
Breath regulation/conscious breathing			
Going for a run			
Going for a swim			
Call with best friend			
Sleep/Nap			
Journaling			
Cuddle with pet			
Yoga			
Stress-reducing vitamin/supplement			
Listen to soothing music			
Gratitude practice/journaling			
Savoring practice/journaling			
Draw/doodle			
Take a bath/shower			

Menu of Options: Printable



CREATE YOUR OWN

What does my Nervous System need right now?			
	YES	NO	MAYBE
Water (10+ Cups/Day)			

About Kidest OM



Kidest OM (Kidest Mengistu) is an author, teacher, and conscious evolution coach whose work bridges science, spirituality, and the art of conscious creation. Through her books, courses, and teachings, she helps individuals expand their consciousness, strengthen their energetic coherence, and manifest deeply fulfilling realities.

Kidest's frameworks integrate quantum biology, psychology, physics, and consciousness-first principles—offering clear pathways for embodying personal power, emotional intelligence, and well-being.

Her writing, videos, and tools empower you to experience your life as a creative field where consciousness, alignment and intention transform possibility into reality.

Learn more at infinite-life.com

WHAT KIDEST OFFERS

-  **BOOKS & WRITING** Deep-dive frameworks for conscious creation and energetic alignment
-  **COURSES & TEACHINGS** Structured pathways for embodying emotional intelligence & well-being
-  **TOOLS & PRACTICES** Practical resources that shift consciousness and activate personal power
-  **NEWSLETTER & COMMUNITY** Ongoing inspiration, insights, and conscious evolution guidance

Books & Courses by Kidest OM



★★★★★ 
Life-changing! ✨

★★★★★ 
Must read!!

★★★★★ 
Helpful and inspiring

★★★★★ 
Indispensable

★★★★★ 
Brilliant—could transform your life.

★★★★★  ★
I give it TEN stars!

Available in Print, eBook & Audio



Featured Course by Kideest OM



The Positive Emotional Intelligence Course

Learn how to self-regulate your emotions and elevate your baseline state of well-being. This transformative course integrates neuroscience and mindfulness to help you understand, process, and redirect emotional energy effectively.

You'll increase how often you feel good, improve relationships, and unlock higher levels of creative flow.

Learn more and enroll:

www.infinite-life.com/courses



Featured Book: Anything You Want by Kidest OM



Discover the timeless principles of manifestation from a consciousness-first perspective. *Anything You Want* guides you beyond surface-level techniques into a deeper understanding of how alignment, emotion, and attention shape reality. This bestselling book invites you to reconnect with your innate creative capacity and experience manifestation as a joyful, effortless flow of coherence between mind, energy, and life.

If you've ever wanted a clear, practical path to creating consciously—this book is your roadmap.

Get your copy at online book retailers worldwide.

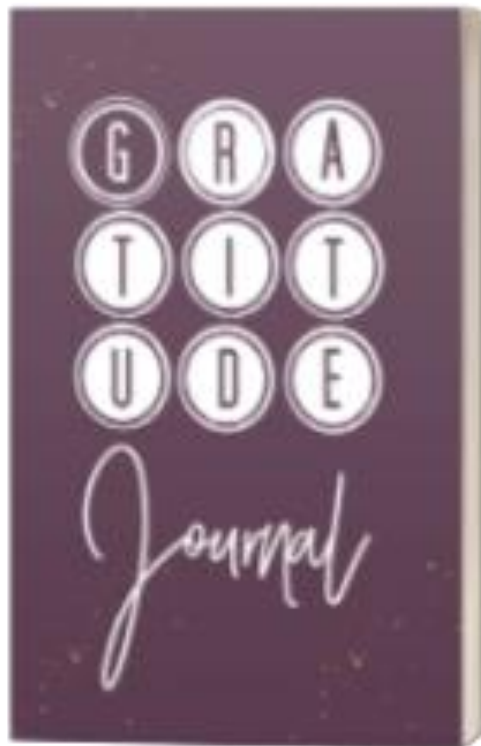


[GET IT HERE](#)

Minimalist Gratitude Journal for Adults



Gratitude transforms perception and magnetizes more of what you love into your experience. This journal is designed to strengthen your appreciation, expand your sense of fulfillment, and raise your emotional vibration. Each page helps you attune to the energy of abundance and embody the mindset that attracts it.



A simple, daily practice to amplify joy, prosperity, and connection.

[GET IT HERE](#)



More from Kidest OM

Explore the full catalog of Kidest OM's books, courses, journals, and planners designed to support your conscious evolution and creative expansion.

Courses by Kidest OM	For additional courses, visit my course page: Courses by Kidest OM
Kidest's books and guided journals	For a full catalogue of my books, check out: Books by Kidest OM
Mailing List (Newsletter)	Get updates directly from me on new material and more through my mailing list! You can sign up here: www.infinite-life.com/newsletter
On Social Media	@KidestOM on all channels.
Amazon author page	Follow my Amazon author page here (click on the "Follow" button by my profile picture: Kidest OM Amazon Author Page
Goodreads author page	Follow my Goodreads Author page here: Kidest OM Goodreads Author Page
Udemy Course Page	See my Udemy Course Catalogue: Kidest OM on Udemy