

Kidest OM

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WORKSHEET – WHAT DOES MY NERVOUS SYSTEM NEED RIGHT NOW?

One of the best ways to help your nervous system in times of challenges and change is to prepare a list of self-regulation options for yourself in advance. Your nervous system will have different needs at different times. Preparing and placing the list somewhere easily accessible and viewable, will make it much easier for you 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. Place your prepared list somewhere you often visit, like your work desk or refrigerator door.

Drinking 2L to 3L of water daily is a must especially in times of stress. Dehydration is a stressor for your physical system, so ensuring you are properly hydrated removes that unnecessary stressor. Water also helps you cleanse your body and supports your waste—and-toxin eliminating kidney function. That means when you are staying hydrated you're also helping your kidney eliminate the increased hormones and chemicals of stress from your system.

MENU OF OPTIONS EXAMPLE

Here is an example of the menu of self-regulation strategies you can list.

Use the blank one below to create your own custom list.

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 dog			
Yoga			
Stress-reducing vitamin/supplement			
Listen to soothing music			

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Gratitude practice/journaling			
Savoring practice/journaling			
Draw/doodle			
Take a bath/shower			

