

# Day 1 Worksheet

## Nervous System 101

# Decode Your Nervous System

In today's session, we explored the different triggers that can impact your nervous system, as well as the fundamentals of the maladaptive stress response. To bring more awareness of what is happening in your nervous system and when it may become triggered, I'd like you to reflect upon the state of your nervous system at various points throughout the day.

For the next 5 days, use this rating system to rate where your nervous system is at these 6 points in the day. **But remember**, everyone is different and this is offered only as a guide...

- 1 - 3 Safe and social / healing state
- 4 - 7 Fight or flight
- 8 - 10 Freeze / shutdown

### What is your rating at different points in the day?

|               | Day 1                    | Day 2                    | Day 3                    | Day 4                    | Day 5                    |
|---------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Upon waking   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Mid-morning   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Lunchtime     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Mid-afternoon | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Early evening | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Before bed    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |