



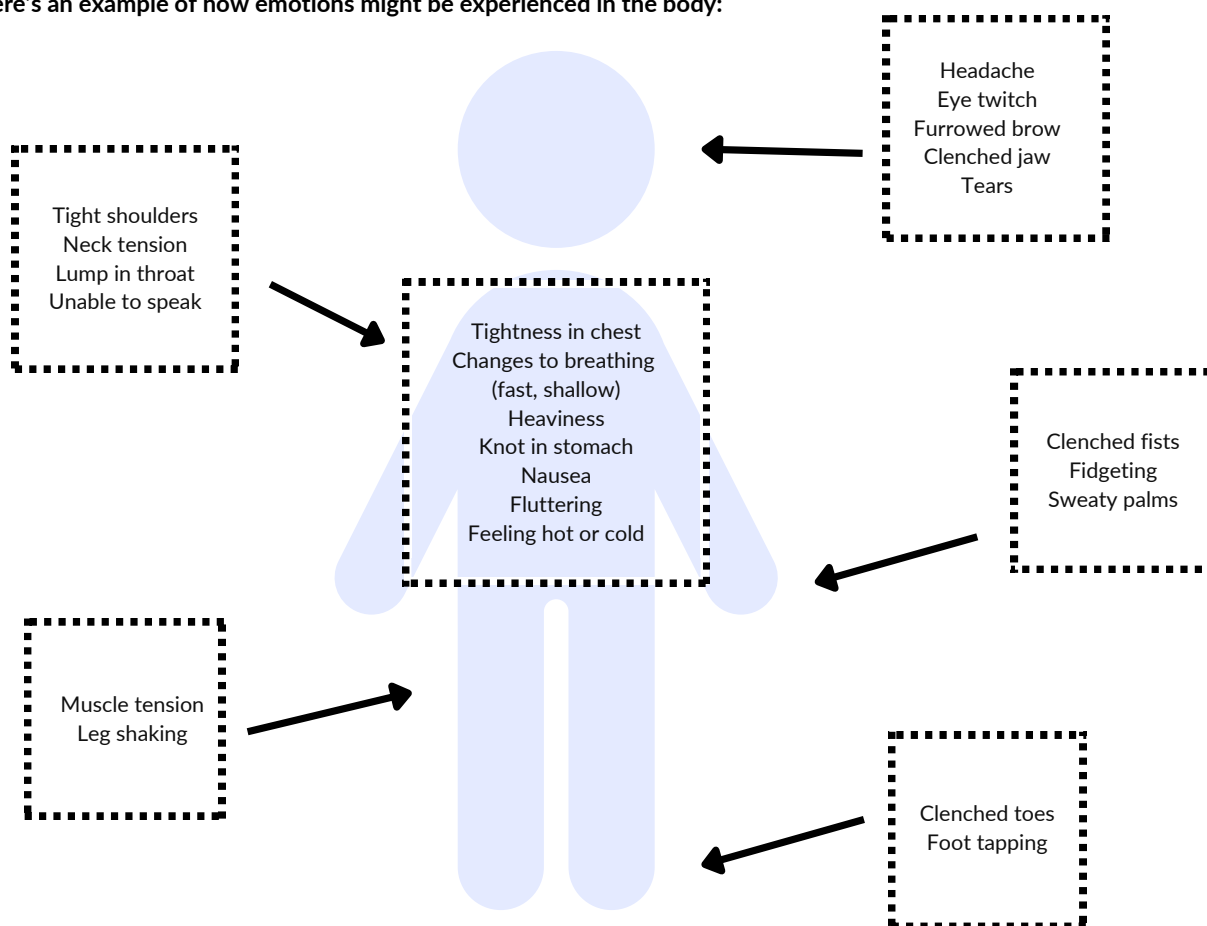
Nervous System Regulation

Nervous system dysregulation occurs when your body becomes overwhelmed by chronic stress, trauma, or emotional strain, causing it to get “stuck” in the extremes of high anxiety or a low-energy, shut-down state. This can look like racing thoughts, difficulty sleeping, feeling jumpy, or even physical symptoms like a racing heart or tense muscles. On the other hand, dysregulation can also manifest as exhaustion, numbness, or a sense of disconnection from yourself or others. These signs show that your nervous system isn't balancing well between states of alertness and rest.

Regulating your nervous system means finding ways to help your body feel calm, safe, and grounded, even in the face of stress. It's about using techniques that help you shift out of states of high alert or shutdown and move toward a place where you feel more stable and centered. By learning to regulate your nervous system, you can improve your ability to cope with life's challenges, experience more emotional balance, and feel more connected to yourself and others.

This worksheet will guide you in recognizing how your emotions show up as physical sensations, like tension, fluttering, or heaviness. Understanding these sensations is the first step in managing stress and emotions more effectively. You'll learn to tune into your body's signals and practice techniques to help calm or soothe these responses, giving you tools to handle stress and emotional challenges in a healthier way.

Here's an example of how emotions might be experienced in the body:



Scan or [click here](#) to learn more about exercises that can help you regulate and relax.

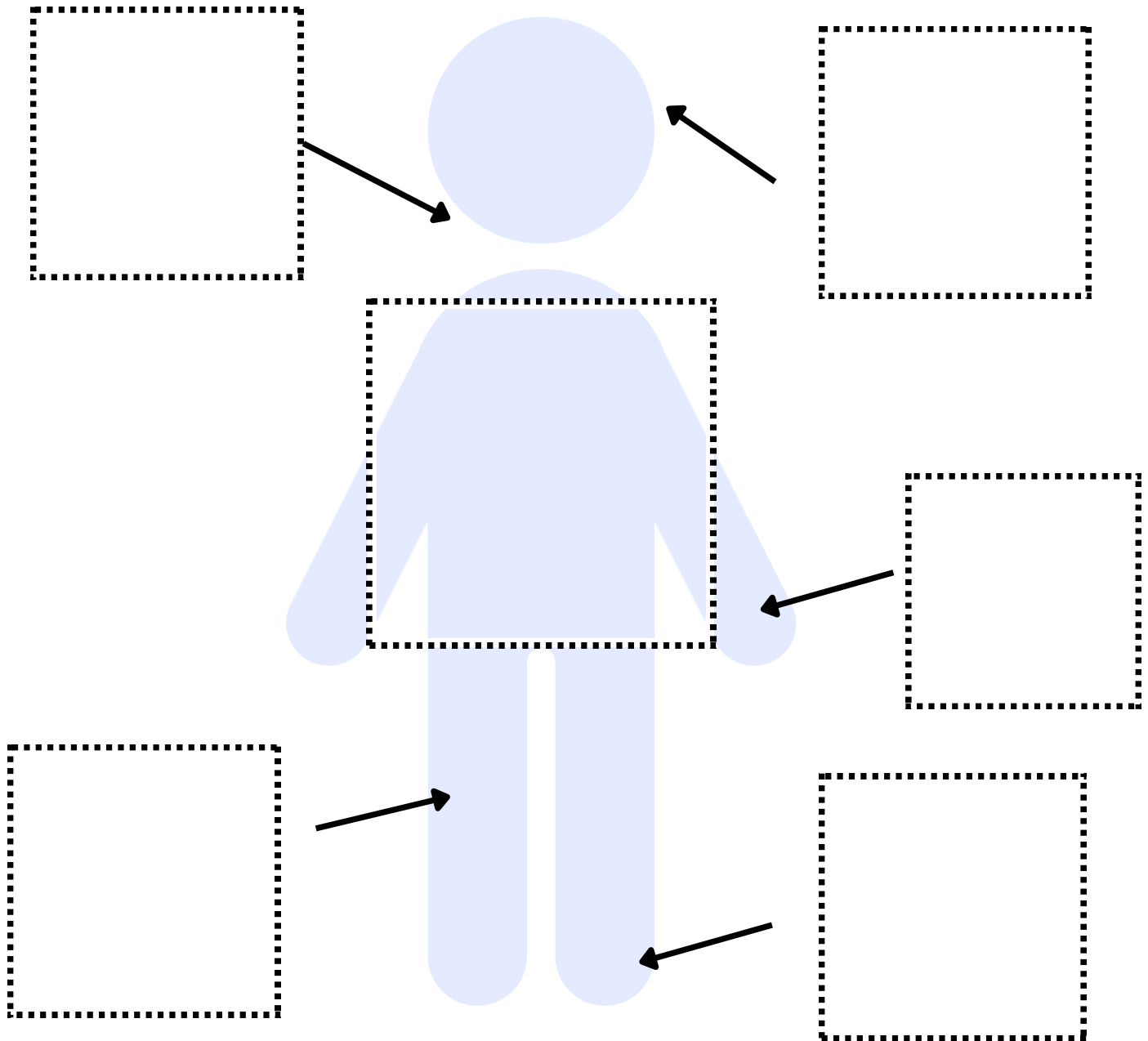
© 2024 Choosing Therapy, Inc. All rights reserved.



Nervous System Regulation

PART 1: Scan Your Body for Sensations

Starting with your feet and working your way up, notice any physical sensations. These can be positive, neutral, or uncomfortable. There is no wrong answer. Just notice what you notice and write it down. Here's an example of how emotions might be experienced in the body.



Scan or [click here](#) to learn more about exercises that can help you regulate and relax.

© 2024 Choosing Therapy, Inc. All rights reserved.



Nervous System Regulation

One way to regulate your nervous system is by addressing the physical sensations that come up when you are feeling strong emotions. This could include changing your temperature, relaxing a muscle, or doing something that feels soothing.

PART 2: Regulating the Nervous System

Now, what to do about it? When you're feeling a difficult emotion, first notice what it feels like in your body then try one of these techniques. Notice how you feel afterward.

If you notice this:	Try this:
Clenched jaw	Wiggle your jaw back and forth
Furrowed brow	Massage your forehead
Tight shoulders	Scrunch your shoulders up by your ears, then release
Feeling hot	Put an ice pack on the back of your neck
Tightness in chest	Take slow breaths with a long exhale
Clenched fists	Open and close your hands, shake them out
Knot in stomach	Try a heating pad or weighted blanket
Restlessness, tapping, fidgeting	Move your body, go for a walk
Tightness in chest	Sing or hum



Scan or [click here](#) to learn more about exercises that can help you regulate and relax.

© 2024 Choosing Therapy, Inc. All rights reserved.