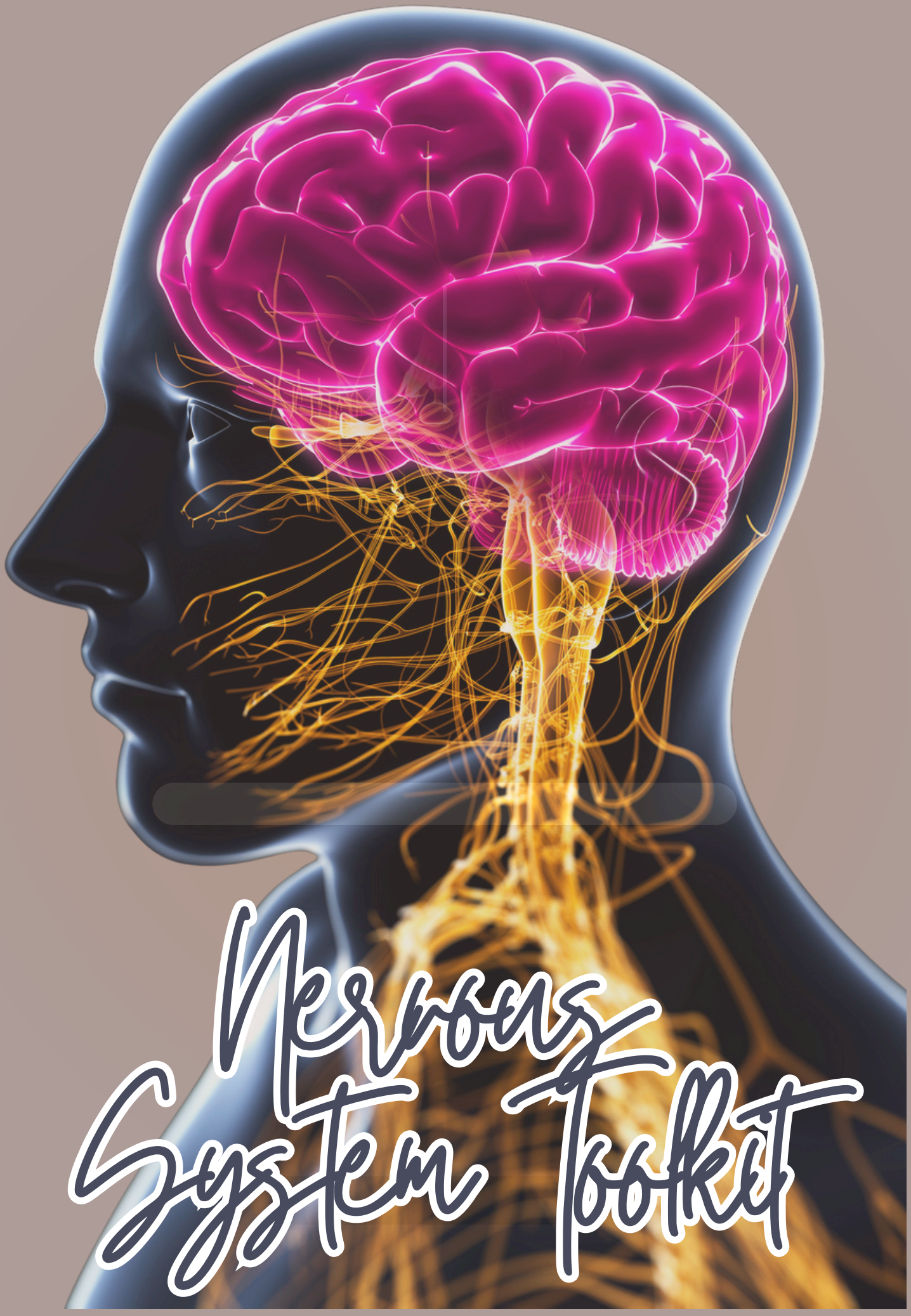
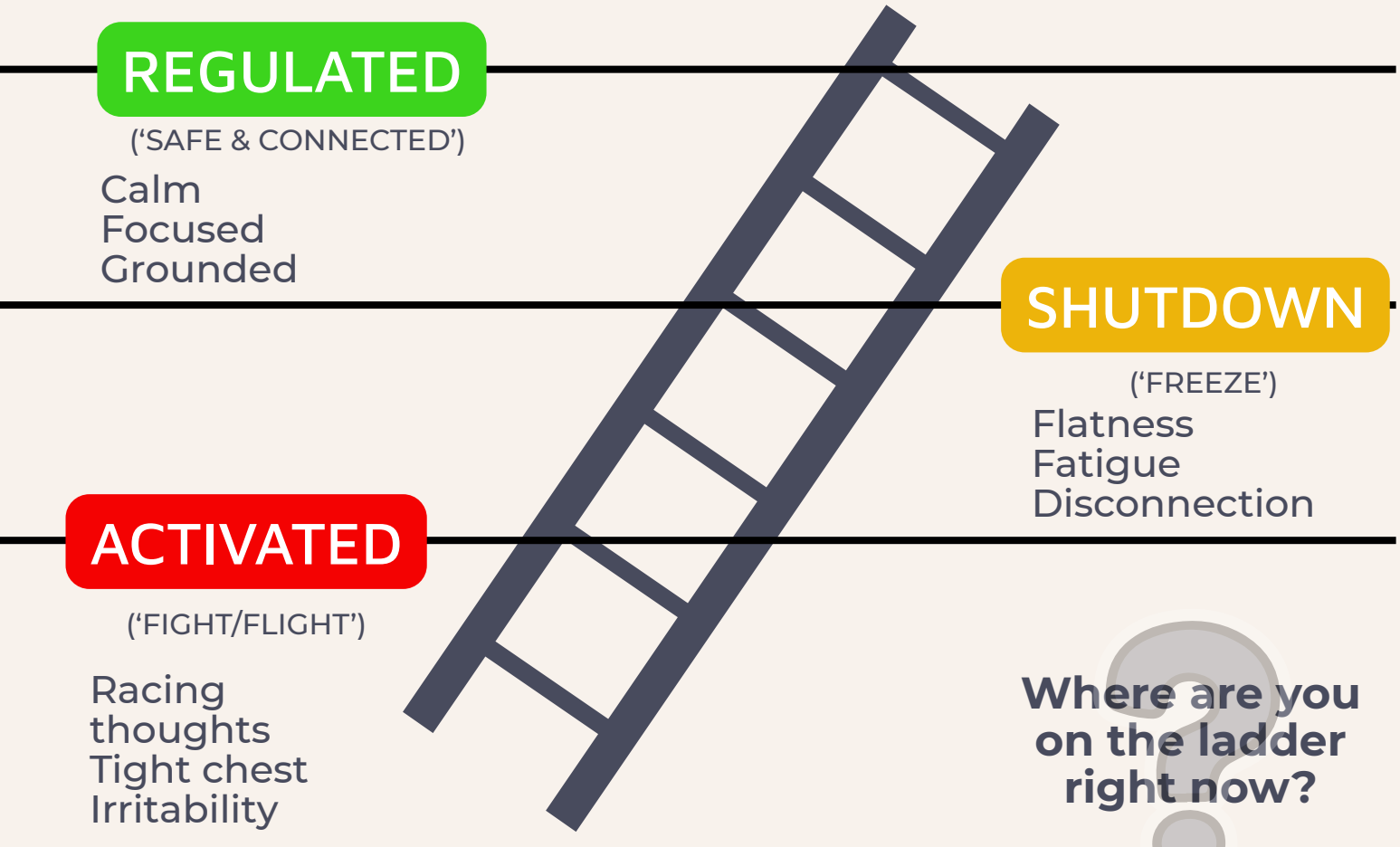

Nervous
System Toolkit

# Understanding Your Nervous System

Your nervous system constantly responds to your environment, speeding up when it senses threat, slowing down when it feels safe. Regulation isn't about "staying calm all the time", it's about noticing your state and supporting your body to move back toward balance.

## Polyvagal Ladder



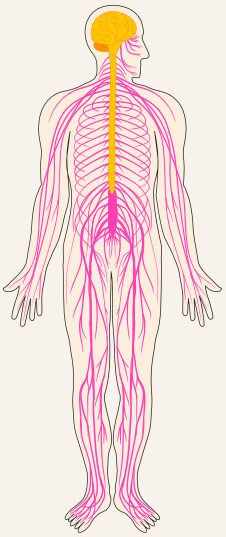

**Where are you on the ladder right now?**

HEALTHY MIND psychology

# Nervous System Regulation Practices

## WHEN YOU FEEL OVERSTIMULATED (FIGHT/FLIGHT):

Try slow, extended exhales (inhale 4, exhale 6)
5–4–3–2–1 grounding (name 5 things you can see, etc.)
Progressive muscle relaxation
Gentle bilateral tapping (right-left rhythm on arms or legs)



## WHEN YOU FEEL SHUT DOWN OR LOW ENERGY (FREEZE):

Try cold water on wrists or face
Play your favourite upbeat song and move your body
Step outside for sunlight + fresh air
Do alternate nostril breathing

## WHEN YOU WANT TO STRENGTHEN REGULATION DAILY:

10 minutes of conscious breathing
Body scan before sleep
Connect with safe people or pets

**KEEP A "NERVOUS SYSTEM LOG" TO NOTE TRIGGERS AND RESETS**

HEALTHY MIND psychology