

Tracking Your Nervous System

This worksheet will help you identify how and what you can do to feel safe, get connected, and calm down. Use the chart below to track your nervous system. When you engage your nervous system, you teach it to help you become active, engaged, or calm. There are three systems to consider:

1. When you connect with others, you can trigger neural circuits in your body that calms the heart, relaxes the gut, and shuts down the fear response. The **Social Engagement System** is activated by talking to a trusted loved one, spending time with a pet, or doing pleasurable activities with other people.
2. The **Sympathetic Nervous System** is engaged when you are active and playful (such as when you are dancing), playing sports, stretching your body, or journaling.
3. The **Parasympathetic Nervous System** activates when you practice intentional breathing, listen to soothing music, receive healthy touch, or listen to a calming voice.

Social Engagement	Sympathetic Nervous System	Parasympathetic Nervous System
What makes you feel connected?	When do you feel active?	What calms you down?
How do you reach out to others?	How can you develop healthy habits that engage your SNS?	What healthy habits support your calm state?