

Nervous System Journaling

Think about a time recently when you felt stressed or nervous (like before a test, performance, or big conversation). How did your body react? What signs did your nervous system give you?

Now think about a time when you felt calm and safe. What was happening in your body then? How did your breathing, heart rate, or muscles feel different?

Have you ever noticed your emotions taking over before your logical brain had time to catch up? How might your limbic system have played a part?

What is one thing you could do daily—like deep breathing, movement, or journaling—that might help your nervous system stay balanced?

If your nervous system is like your body's Wi-Fi, how strong do you feel your 'signal' is right now? What could boost it?
