



NERVOUS SYSTEM REGULATION WORKSHEET



@ilonavaro

ilona Varo, LMFT + Mastery Coach

www.ilonavaro.com | (424) 259-1112 | therapy@ilonavaro.com

NERVOUS SYSTEM REGULATION TOOL

When to use: When feeling overwhelmed, anxious, future tripping, making assumptions, and generally overactive in the mind.

Why it works: It helps you drop out of the mind and into the body.

Tool: It is always wise to bring yourself into the body when you find yourself overactivated in the mind.

How to bring yourself into the body:

- Place a Hand on your Forehead and the other on your Heart
- Breathe deeply until you notice a shift in your Nervous System
- A shift may be a sigh, yawn or deep breath, it may also be a relaxation of your muscles, belly or jaw
- Move your hand from your Forehead to your Belly
- Repeat the breathing until you notice another shift in the Nervous System

Notes for doing this work:

The mind/body connection is powerful beyond words. There is more and more research being done around the Nervous System and developing tools to regulate the Nervous System.

The mind and body are connected and constantly communicating with one another.

When you find yourself anxious with worry or overwhelmed with thoughts, recognize that your mind is in overdrive.

That is the signal to shift gears and drop into the body.

Give this exercise a try. If you find that you are needing more personalized tools and work around regulating your Nervous System, feel free to **reach out for additional support.**



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