ADULTS | EDUCATIONAL GUIDE

Understanding Your Nervous System



WHAT THIS IS

Your nervous system constantly scans for safety or threat. Knowing its states helps you understand reactions and choose tools to shift.

HOW TO USE IT

1. Notice your state.
2. Name it kindly.
3. Try one shifting tool.

EXAMPLE

"I noticed my shoulders at my ears. A long exhale helped me settle."

Activated (stress response)

- Racing heart and thoughts
- Tension, restlessness
- Irritability or panic
- Tools: slow exhale breathing, movement, cold water

Settled (rest and connect)

- Steady breathing
- Curious and open
- Able to think and feel
- Tools: connection, nature, gentle routines

Where am I right now?



Calm ··· Alert ··· Overwhelmed

Reflect

Which state do I spend the most time in?

What reliably helps me shift toward settled?

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