

Nervous System Check-In

A gentle way to understand how your body is responding right now

If you've been feeling more anxious, flat, overwhelmed or easily drained, this is here to offer understanding.

Your nervous system plays a central role in how you feel day to day. It responds constantly to your environment, your experiences, your energy levels and your sense of safety. When life is demanding or unpredictable, it's very normal for the nervous system to feel unsettled.

This check-in is not a diagnosis or a test. There are no "good" or "bad" answers. It's simply a way to notice what your body might be communicating, so you can respond with care rather than pressure.

Take your time. You may find it helpful to return to this check-in regularly.



What Do We Mean by the Nervous System?

Your nervous system is your body's communication and protection system. It helps regulate things like:

- alertness and rest
- mood and emotional responses
- sleep and digestion
- how safe or settled you feel in your body

When the nervous system feels supported, we tend to feel calmer, clearer and more resilient. When it feels overloaded or under-supported, we may notice anxiety, low mood, irritability, fatigue or a sense of being "on edge".

These responses are not signs of weakness — they are signals.



Nervous System Check-In

Read each statement and gently note whether it feels often true, sometimes true, or rarely true for you right now.

There is no need to analyse — your first instinct is enough.



Energy & Body

- I feel physically tense or tight without always knowing why
- I feel tired but find it hard to properly rest
- My body feels heavy or sluggish
- I notice shallow breathing or holding my breath

Mood & Mind

- I feel easily overwhelmed by small things
- I worry or overthink more than usual
- I feel flat, low or disconnected
- I feel emotionally sensitive or irritable

Daily Rhythm

- My sleep feels unsettled or unrefreshing
- I struggle to find a steady routine
- I feel rushed or pressured, even when nothing urgent is happening



Making Sense of What You Noticed

If many of the statements felt true, this may suggest that your nervous system is working hard to protect you.

This does not mean something is wrong. It means your body may be asking for:

- more regular nourishment
- more warmth and rest
- more gentle signals of safety
- fewer demands placed on low reserves

If only a few statements resonated, your nervous system may be relatively settled — but may benefit from ongoing support, especially during seasonal or life transitions.

Wherever you are is valid.

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Gently caring for your nervous system

Gentle Next Steps

You don't need to do lots of things at once. Small, steady inputs often make the biggest difference.

You might choose one gentle step:

- eating regular, warming meals
- spending a few minutes outside in daylight
- using comforting sensory input (warmth, scent, soft textures, calming sounds and spaces)
- slowing your pace where possible

Awareness alone is enough. However, there is space here for you to note your thoughts if that feels right.



My Nervous System Check-in

Responding to yourself with kindness rather than urgency helps the nervous system feel safer over time.



Nervous System Check-In

Where to go next and further support

Continue with the Winter Wellness Reset

Now that you've paused and checked in with your nervous system, you might want to use one of our other free Winter Wellness Reset resources.

You might choose to:

- Map your Winter Energy Rhythm
- Build a Winter Energy Routine
- tune in with Mind-Food-Body Signals
- check in with your Skin as a Signal
- let our Sensory Reset Audio guide you

You don't need to use all of these reset tools or in this order. You can dip in and work with what feel right.



Where This Fits Into Ongoing Support

This check-in is designed to be a starting point.

From here, you may find it helpful to explore:

- nutrition to support steady energy and mood
- sensory support such as aromatherapy or warmth
- guided nervous system support (e.g. hypnotherapy)
- seasonal routines that work with your energy rather than against it

If you'd like a gentle place to begin with food, you can download our **free 3-Day Winter Mood Food Guide**.



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