

Shift 1: Developing High-Level Internal Awareness



What Nervous System Awareness Means

Before you can regulate, you must recognise. Nervous system awareness is the practice of tuning into your body's signals – the subtle cues that indicate whether you're in a state of **safety, stress, or shutdown**.

For years you've used willpower to override your biology.

You push through fatigue and tension to get the job done. This shift isn't about 'slowing down'; it's about **identifying system interference** before it compromises your clarity and presence.



Early Warning Signs to Notice

Your body speaks before the crash arrives. It's the subtle tightening in your chest when you check your calendar or the shallow breathing during back-to-back meetings. When you are 'braced,' you are burning through your reserves.

Learning to catch these cues prevents the 'success-tax' of total burnout.

These early cues are your nervous system's way of saying, "**I am approaching my capacity**." Learning to catch them early prevents the cascade into full dysregulation.

30 Second System Check

Three times today, pause for 30 seconds. This is a **diagnostic check**, not a chore. Notice the tension in your jaw or the depth of your breath. Simply observe. **Data is the gateway to change.**

As you develop this awareness, you'll begin to notice patterns. Perhaps mornings feel calmer than afternoons.

Perhaps certain tasks or people trigger specific responses.

This information becomes **your most strategic asset** as you learn to lead from **internal stability** rather than chronic force.