

Nervous System Reset Workbook

Weekly Tracker Edition | Free Yourself Yoga

A printable workbook with weekly check-in pages added at the end of each week, so You can reflect without needing a daily tracker.

Includes weekly space for 3 glimmers, 3 triggers, coping patterns, body cues, what helped, belonging moments, and weekly wins.

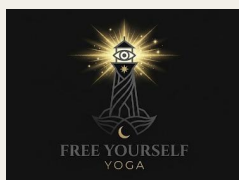
How to Use This Workbook

Use the daily reflection pages after each video. At the end of each week, complete the weekly tracker to notice bigger patterns.

What do I hope to feel more of by the end of these 21 days?

Where in my life do I already feel a little safe, welcome, or supported?

What support do I want to remember I can lean on during this challenge?

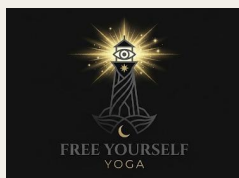


Day 1

Regulated Enough

Write three words that describe how your body feels right now.

If my body were 2 percent more regulated, what would that feel like?

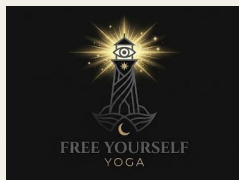


Day 2

Body Scan for Early Signs

Complete this sentence: My early warning signs show up first in...

Name at least one body area and one sensation.

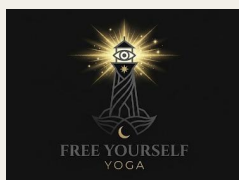


Day 3

Orienting to Safety

Write down three things in your environment that help your body feel a little more neutral, grounded, or safe.

Which one feels most supportive today?

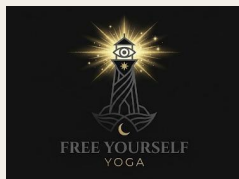


Day 4

Long Exhale Breathing

After long-exhale breathing, my body feels...

The part of my body that changed the most was...



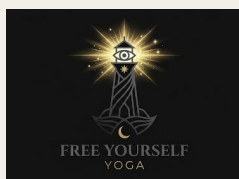
Day 5

Glimmers and Belonging

Write down at least three glimmers in your life right now.

Include at least one belonging glimmer.

Next to each one, write where you feel it in your body.

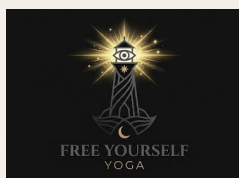


Day 6

Breath and Movement Reset

Movement plus breath helped me feel...

The shape that felt best in my body today was...



Day 7

Pause and Choose

My go-to small steps when I feel triggered are...

The next smallest helpful step I can take is...



Week 1 Tracker

Weekly Reflection and Pattern Tracking

3 glimmers I noticed this week

1.

2.

3.

3 triggers I noticed this week

1.

2.

3.

What body cues or early warning signs showed up most this week?

What coping habits did I notice this week?

What helped me regulate this week?

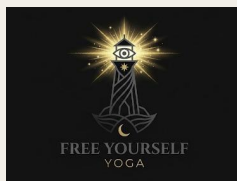
Where did I notice belonging, connection, or co-regulation this week?

What felt hard this week?

What felt like progress or a small win this week?

What do I want to remember going into next week?

Free Yourself Yoga



Day 8

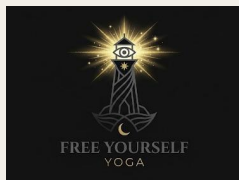
Naming Triggers

My relational triggers are...

My sensory triggers are...

My internal triggers are...

My situational triggers are...

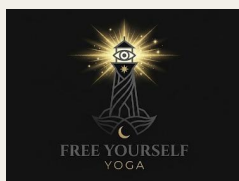


Day 9

Signs of Fight or Flight

My top three signs of fight or flight are...

Include one body sign, one thought or emotion, and one behavior.



Day 10

Downshifting with the Body

The position that helped me downshift the most was...

I felt the biggest shift in my...



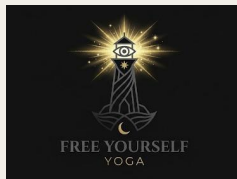
Day 11

Somatic Cueing

Today I noticed a sensation in my ____ that felt like ____.

It was about a ____ out of 10.

My anchor was...



Day 12

Co-Regulation and Belonging

Write down at least three co-regulation resources.

Which of these also gives me a sense of belonging?

How does my body feel with that support?

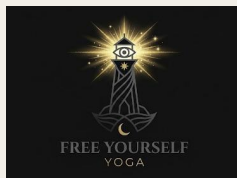


Day 13

Yoga for Regulation

The pose that helped me regulate most today was...

What softened in my body?

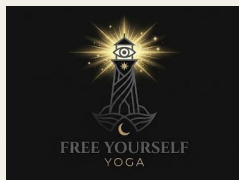


Day 14

Breath for Balance

The breath pattern I want to keep practicing is...

Why does this one feel kindest or most sustainable?



Week 2 Tracker

Weekly Reflection and Pattern Tracking

3 glimmers I noticed this week

1.

2.

3.

3 triggers I noticed this week

1.

2.

3.

What body cues or early warning signs showed up most this week?

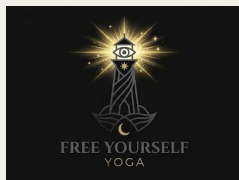
What coping habits did I notice this week?

What helped me regulate this week?

Where did I notice belonging, connection, or co-regulation this week?

What felt hard this week?

What felt like progress or a small win this week? What do I want to remember going into next week?

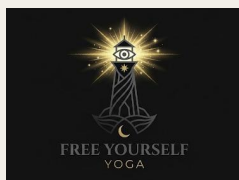


Day 15

Coping Patterns

My top two or three coping patterns are...

Which of these may be connected to wanting to feel safe, accepted, or included?

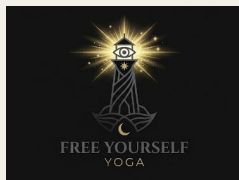


Day 16

Healthier Replacements

When I want to _____, I will first _____.

Which new small action feels realistic this week?

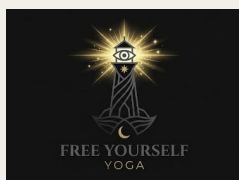


Day 17

What to Do When Triggered

My trigger plan is...

Which step do I need to remember most?



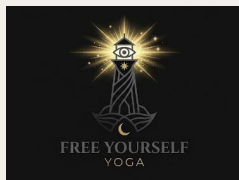
Day 18

Window of Tolerance and Belonging

Signs I am in my window are...

Signs I am out of my window are...

My window feels wider when I am with...

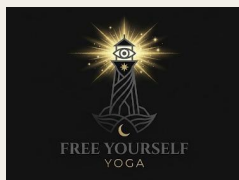


Day 19

Gentle Capacity Building

Today I learned that my body can _____ and then _____.

What helps me come back down after activation?



Day 20

Repair and Self-Trust

One piece of evidence that I can recover is...

One way my sense of belonging was repaired in that moment was...



Day 21

Personal Regulation and Belonging Plan

My top triggers are...

My early warning signs are...

My favorite regulation tools are...

My support people, places, and communities are...

When I am triggered, I will...

My I can statement is...

(i.e. I can return to myself. I can ask for support. I can keep practicing.)



Week 3 Tracker

Weekly Reflection and Pattern Tracking

3 glimmers I noticed this week

1.

2.

3.

3 triggers I noticed this week

1.

2.

3.

What body cues or early warning signs showed up most this week?

What coping habits did I notice this week?

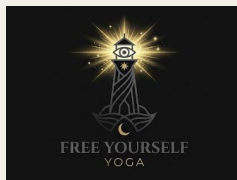
What helped me regulate this week?

Where did I notice belonging, connection, or co-regulation this week?

What felt hard this week?

What felt like progress or a small win this week?

What do I want to remember going into next week?



Closing Reflection

What did I learn about my triggers, glimmers, and nervous system patterns?

What tools helped me feel most like myself?

Where do I feel belonging in my life now?

My closing statement

(I can return to myself. I can ask for support. I can keep practicing.)