



Nervous System Care Cards

Welcome Guide

THE SIMPLIFIED SELF



Thank You

First up, thank you for choosing these cards.

I created them to give you something simple to reach for, when figuring out what might help feels like too much.

There's nothing you need to learn before you use them.

I've included a few tips on the next pages in case they're helpful, but you're just as welcome to close this and choose a card.

Chloe x

Hi, I'm Chloe, founder of The Simplified Self and a women's wellbeing educator.

I have a background in psychology and more than a decade of professional experience supporting people through counselling and case management.

I created these cards because when you're already overwhelmed, the last thing you need is another complicated practice to learn or a long list of things you should be doing.

Which is why i designed these cards carefully so they include 39 gentle practices you can explore, in your own way.

You don't need to work through them in order or use them every day.

Have a browse and try whichever one feels easiest or most useful right now.

Over time, you might notice a few cards you naturally reach for more than others. Those can become your go-to cards for the moments when figuring out what might help feels like one decision too many.



Chloe x

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How to use

Some people keep them digital, while others love printing them as a physical deck.

Some like using all the cards and others keep coming back to two or three favourites.

Digital, printed, the whole deck or just a few, there's no right or wrong way to use your cards.

Each card gives you one gentle practice to try, along with a simple explanation of why it may help and an extra tip.

Low-capacity day? I've got you. Just go straight to TRY THIS on the card.

That's enough.

Digital

Use the 5 × 7 PDF to scroll through the whole deck, or save the individual PNG cards to your phone or tablet. You might like to keep a few favourites in their own album so they're easy to find.

Print them

Choose the A4 or US Letter file that matches your paper size. The 2-per-page version prints the cards at their full 5 × 7 size. Print at 100% or Actual Size, then cut them out.

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Start here: find a card fast

I only have a minute

Palm Press · Feet on the Floor

I don't want to focus on my breathing

Orienting · Alphabet Game

I feel like moving

Wall Push · Shake It Out

I want something sensory

Fidget Focus · Scent Anchor

I need something quiet

Steadying Phrase · Steady Place

I'd like some connection

Phone a Friend · Self-Compassion Pause

I don't know where to start

Orienting · Feet on the Floor

There's no perfect card to choose. Just start with whichever feels easiest.

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A little note

Carrying too much for too long doesn't mean something is wrong with you. It means you're human.

The Simplified Self was created to make women's wellbeing information easier to understand and, more importantly, gentle enough to actually meet you where you're at.

I'm psychology trained, internationally certified in somatic coaching, breathwork practice and meditation coaching, and polyvagal-informed, with more than 10 years of client experience.

I spent years learning about this professionally and personally and have supported hundreds of people during some of the hardest times in their lives.

These cards are a reflection of what the evidence tells us, practical ways to make sense of it and tools that can help.

Thank you again for choosing them. I really hope they give you something simple to reach for when you need it.

If you have any questions, email admin@thesimplifiedself.com. It'll come straight to me.

Chloe Newson
Founder & Women's Wellbeing Educator
The Simplified Self



Chloe x

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