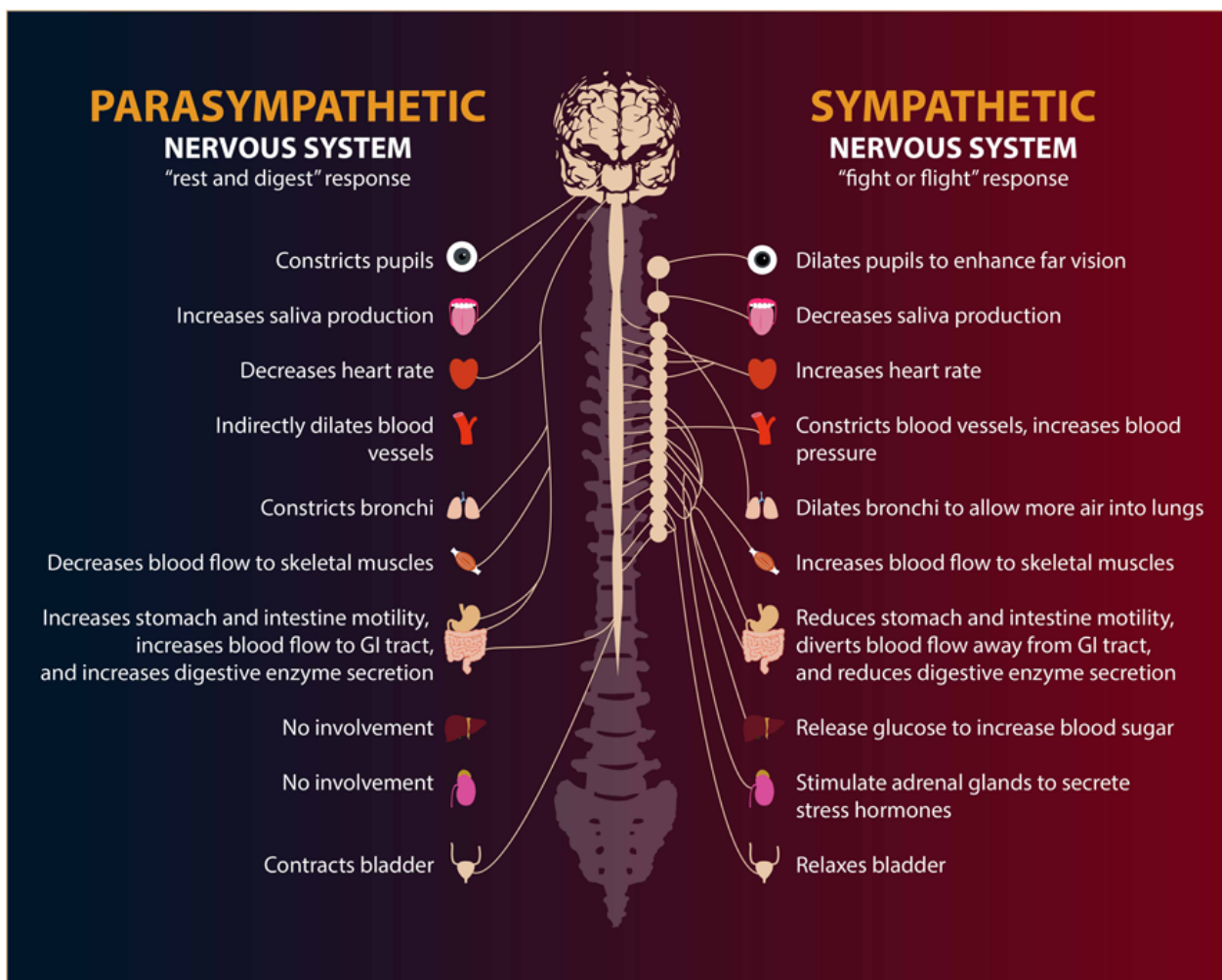




Nervous System Health Checklist and Baseline Exercise

The nervous system has a series of corresponding events that impact your entire body biologically as well as emotionally and mentally. Everything is connected.

Your breath is the first and easiest place to check for how your nervous system is operating but you can notice symptoms anywhere.



How to know you're out of range

- Insomnia, fatigue
- Racing thoughts, inability to settle
- Asthma, allergies
- Headaches, migraines
- Slow healing, frequency of injuries
- GI issues, digestive issues, acid reflux
- Endocrine and hormone imbalance,
- Frequent illness, lowered immunity
- Inability to feel calm,
- Inability to feel joy,
- Lack of humor,
- Low energy,
- Lack of focus,
- Irritability
- Anxiety or depression
- Difficulty in relationships
- Loss of creativity
- Feeling overwhelmed, as if you are losing control or need to take control
- Lack of flexibility - an inability to deviate from current habits or schedule
- Chronic fatigue, chronic pain
- Clenched jaw and grinding teeth
- Being pessimistic or seeing only the negative side
- Changes in appetite -- either not eating or eating too much
- Substance use/dependency

Lifestyle additions that help support your nervous system

- Sleep - Sleep is the great regulator of the nervous system
- Anti-inflammatory diet
- Exercise
- Community/Connection
- Gratitude practice
- New experiences/healthy challenge

BrainCoach Baseline Strategy:

Find your baseline - your baseline is your calm confident state of relaxed, but alert.

For example...

How you feel after a workout

How you feel when you stand at the beach at sunset on the first day of vacation

How you feel after meditating

How you feel when you think about what you're grateful for

How you feel when you play or do something for yourself

How you feel when you think of your baby, your puppy, your grandma

You can change your state with your body... you can change your state with your mind.

The key to building and strengthening this particular muscle is to always connect it to sensation in the body.

Every positive state needs the connection to the biological changes it's causing in the body to create a neural pathway around an experience.

Use baseline as your launch pad state, returning to it regularly throughout the day and during natural times of transition from place to place or from one activity to the next.