

# *What Can We Learn From This ?*

**1. What has been mentally or emotionally “heavy” lately that my body may be carrying too?**

Some examples: work pressure, rushing, conflict, worry, caregiving, decision fatigue

**2. How has my sleep been over the past few nights, and how does my body usually respond when I’m overtired?**

Consider: trouble falling asleep, waking often, poor quality sleep, inconsistent schedule

**3. Have I been pushing through, doing too much, or ignoring my body’s early warning signs?**

Examples: too much activity, too many commitments, not enough rest breaks, “catching up” after a good day

**4. Have fear, frustration, or scary thoughts been turning the alarm up in my system?**

Examples: “I’m back to square one”, “Something is wrong”, fear of movement, worrying about the future

**5. Has my body been needing more movement, position changes lately?**

Consider: long work days, driving, extra couch/bed time, reduced activity during stress

**6. What emotions might my body be holding onto right now that I haven’t fully acknowledged?**

Examples: sadness, anger, overwhelm, loneliness, resentment, or pressure to “keep it together.”

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**7. Have I been nourishing my body consistently, or running on stress, caffeine, sugar, or convenience foods?**

Consider: skipped meals, dehydration, low protein intake, emotional eating, lack of appetite during stress

**8. Have I been giving myself enough moments of recovery... or only focusing on productivity?**

For Example: no downtime, little joy/play, always "on", no nervous system reset time

**9. What went well? What helped with less pain?**

What happened that helped you to feel less pain? What went well that meant you felt less pain or no pain at all?

**10. What is one small thing I can do differently this week to better support my nervous system?**

Small changes repeated consistently matter more than perfection.