Take 4: Your Daily Nervous System Reset

Busy parents do not normally have time for self care but it is essential to stay emotionally regulated in family reactions. You don't need a full spa day to feel more grounded—just five intentional minutes. Use this worksheet to reset your nervous system, regulate your emotions, and parent from a place of clarity not chaos.

1

Step 1: Ground Your Body (1 minute)

- Sit or stand still.
- Press your feet into the ground.
- Take 3–5 slow, deep breaths (inhale through the nose, exhale through the mouth).
- Name one thing you can see, hear, and feel

Optional Self talk mantra: "I am here. I am safe. I can handle this."

2

Step 2: Notice Your Emotional State (1 minute)

Ask: What am I feeling right now? Where do I feel it in my body? Try to identify the emotion and recognize it without judgment.

Optional journaling prompt: "Right now I feel... and I need..."

3

Step 3: Choose Your Reset Strategy (2 minutes)

Pick one regulation tool:

- ☐ A short walk
- ☐ Shake out arms/body
- ☐ Use a calming scent or lotion
- ☐ Splash cold water on your face
- ☐ Text a friend for a quick check-in
- ☐ Write a "brain dump" list

4

Step 4: Set a Gentle Intention

Choose one of the following or write your own:

- ☐ "I don't need to do it all. I just need to show up."
- ☐ "I can make space for my emotions and still lead with calm."
- ☐ "Today, I will choose connection over perfection."