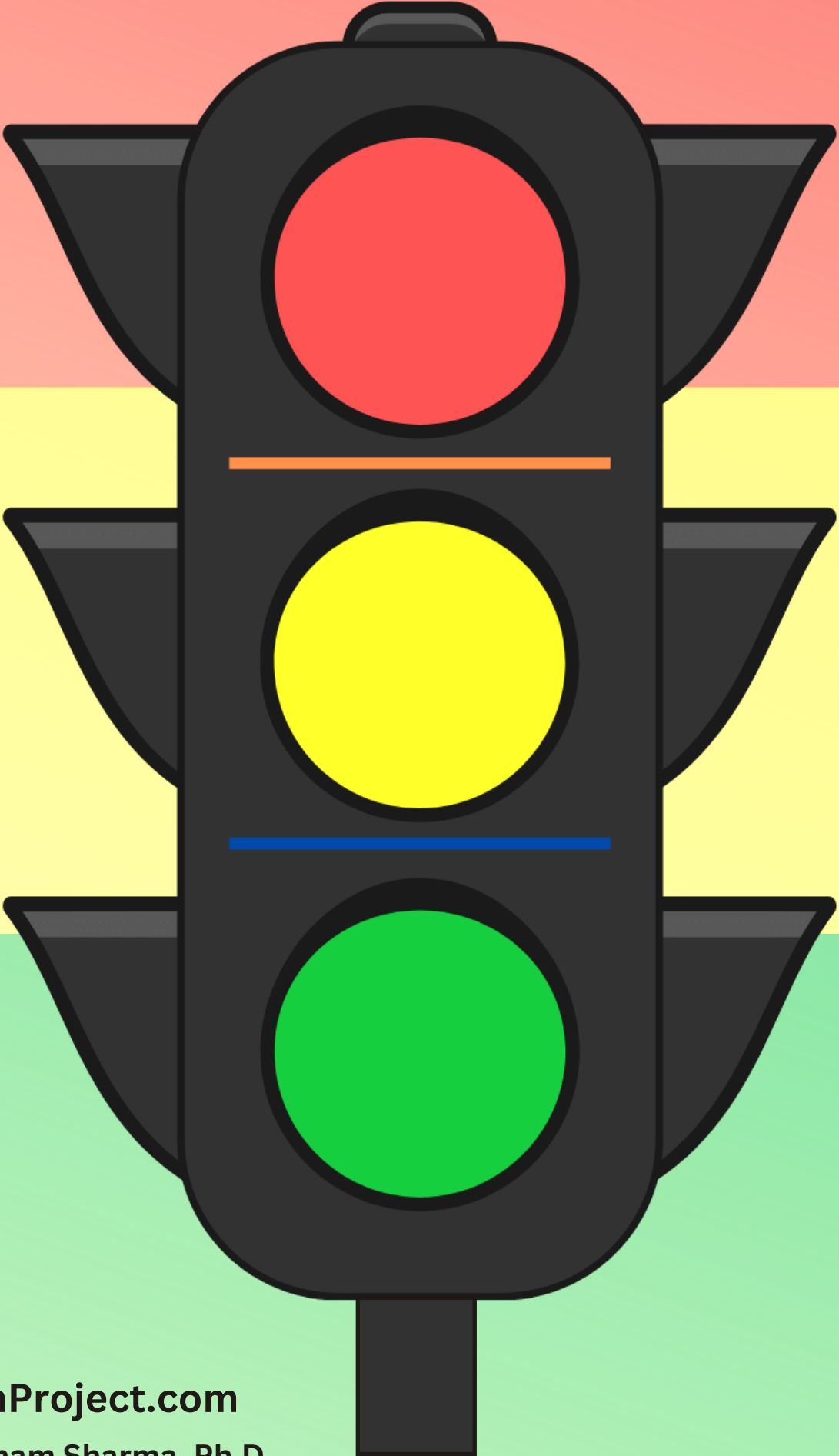


WHICH STATE IS YOUR NERVOUS SYSTEM IN?



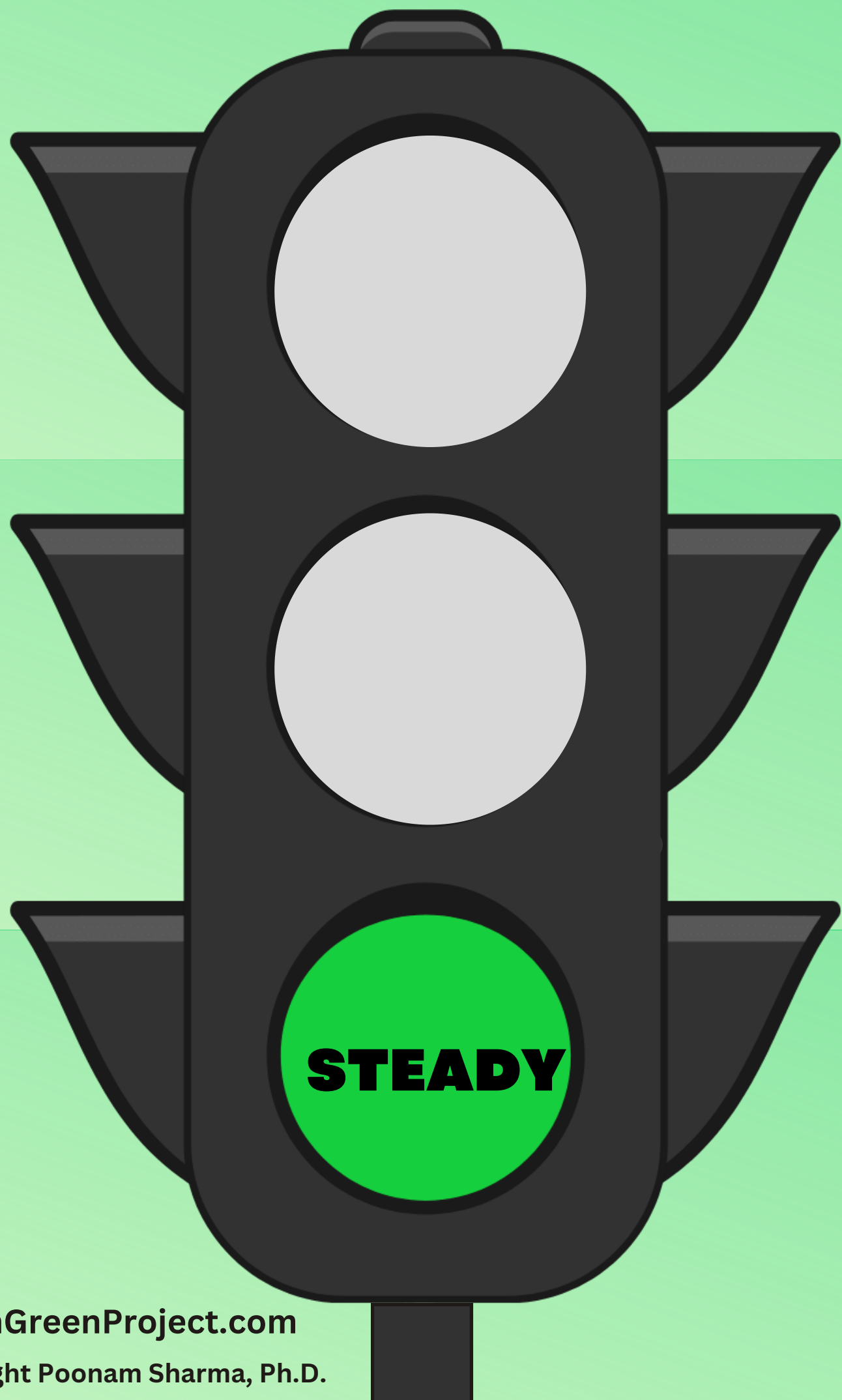
**SHUTTING
DOWN**

**STRESSED
OUT**

STEADY

CHOOSE THE WORDS THAT DESCRIBE YOU

- | | |
|---|---|
| <ul style="list-style-type: none">• Collapsing• Exhausted• Overwhelmed• Low energy• Foggy• Trapped• Disconnected• Alone | <ul style="list-style-type: none">• Despairing• Depressed• Hopeless• Helpless• Numbing• Ashamed• Going through the motions |
| <ul style="list-style-type: none">• Defensive• Uneasy• Heart racing• Short of breath• Tense• Blaming• Judging• Negative thinking• Worried | <ul style="list-style-type: none">• Agitated• Frustrated• Rude• Self-righteous• Escaping• Anxious• Panicked• Appeasing• Suppressing |
| <ul style="list-style-type: none">• Safe• At ease• Present• Strong• Powerful• Clear thinking• Curious• Logical• Creative | <ul style="list-style-type: none">• Engaged• Productive• Responsive• Hopeful• Loving• Caring• Playful• Joyful• Conscientious |



Go Back to Green

- Meet basic needs
- Mindful breathing
- Move your body
- Mother Nature
- Music and rhythm
- Meaningful connection
- Meditative practices
- Mantra: e.g., "I'm safe."
- Mental focus
- Massage and touch
- Merciful inner dialog
- Medication
- Make a difference for someone
- Mental images
- Memories of positive times
- Manage media intake
- Manage environment