

Check my state: Regulation Log

(Insert day of the week)



Name:

Week:

Date.....

	AM		PM	
Freeze Shut down				
Fight/flight Threat				
Energized Engaged				
Safe, Social & Connected				
Circumstances				
Details				
Strategies				

Shutdown/ Freeze Dorsal Vagal	Fight/Flight Sympathetic	Energized & Engaged Activated/Flow	Safe, Social & Connected Ventral Vagal
 Nervous system slows down to conserve energy and protect from overwhelm	 Nervous system is mobilized to respond to a threat	 Nervous system is energized but grounded, combines alertness with safety	 Nervous system is calm, connected , socially engaged and feels safe .
 Heavy limbs , cold hands/feet, slow breathing , low energy , numbness	 Faster heartbeat , shallow breathing, tense muscles , sweaty palms, jittery stomach	 Steady but strong heartbeat , deeper breathing, good muscle tone, stable energy , coordinated movements	 Steady breathing , relaxed muscles, warm skin, good digestion , normal heart rate
 Feeling disconnected , hopeless, empty, spaced-out, "shut down"	 Feeling anxious , worried, angry , restless, alert, "on edge"	 Feeling focused , motivated, creative, "in the zone," confident, able to act without feeling rushed	 Feeling safe , open, curious, able to connect with others, playful
Shift using: Gentle movement (stretching, walking), connect with someone safe, use warmth (blanket, sunlight), listen to engaging but non-overwhelming sounds, start with very small doable tasks	Shift using: Slow and deepen your breath , long exhales, shake out tension , walk in nature, talk with a calming friend, do grounding activities (e.g., notice 5 things you see)	Maintain: Set meaningful goals , take breaks, stay hydrated , engage in challenging but manageable tasks. Listen to upbeat music, move your body , work toward a goal with clear steps.	Maintain: Connect with supportive people , do activities you enjoy, practice gratitude , keep a steady daily rhythm, spend time in safe environments