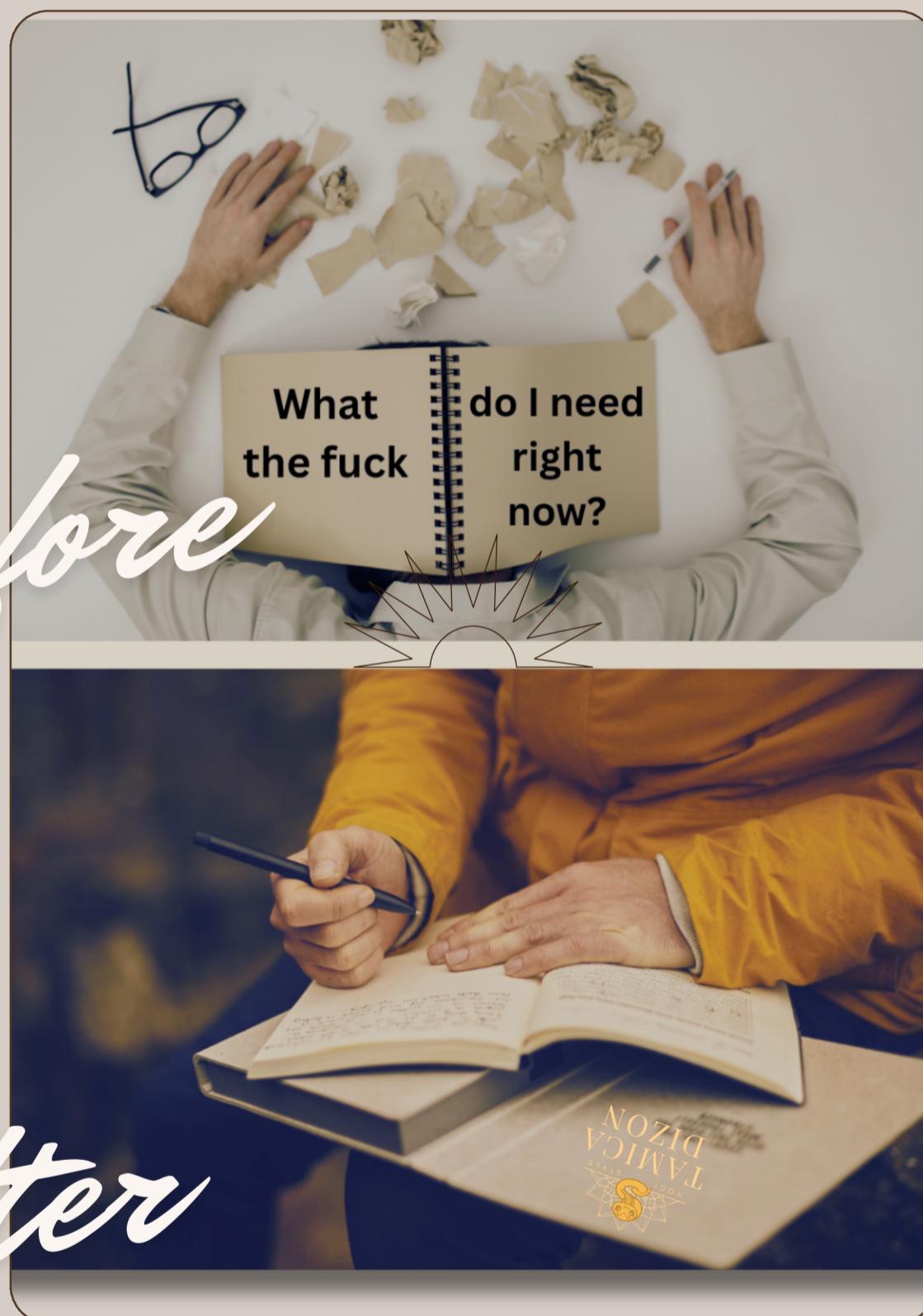


MINI NERVOUS SYSTEM JOURNAL

It's Free. It's Gentle. It's a Start.

Before



After

Tamica Dizon
www.TamicaDizon.com

Mini Nervous System Journal

Its free. Its gentle. It's a damn good starting place.

You don't need a full life reset today. You just need one honest moment with your nervous system. This **Journal** isn't here to fix you or judge you. It's here to remind you:

You're allowed to feel.

You're allowed to pause.

You're allowed to regulate.

When your nervous system starts to shift, everything else can follow: your decisions, your energy, your clarity, your joy.



HOW TO USE THIS JOURNAL

This isn't a one-size-fits-all tool. It's a choose-your-own-nervous-system adventure.

USE IT WHEN:

- You're feeling off but can't name why
- You're about to make a big move
- You're spiraling or numb
- You want to **check in before you check out.**

YOU CAN:

- Write directly on the pages
- Use them as prompts in your digital or paper journal
- Screenshot and scribble on your phone
- Use one page to start something new: a boundary, a business plan, a breakup or a booking for that vacation you keep putting off.

 **Reprint or reuse as often as needed.** This is your soft space to land. Your active reset. Your proof that quiet can be powerful.



STAY CONNECTED

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TAMICA
DIZON

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NERVOUS SYSTEM CHECK-IN

For whenever you need a reset.

Use this page when you are spiraling, settling, celebrating or just curious about what's going on underneath the noise.

❶ WHERE ARE YOU RIGHT NOW?

Physical, emotionally, spiritually. Be literal or poetic. There's no wrong answers.

❷ WHAT IS YOUR BODY TRYING TO TELL YOU?

Scan your jaw, belly, shoulders, breath, gut, and back. Note anything: pain, pressure, numbness, tension, or other sensations.

❸ WHAT NERVOUS SYSTEM STATE ARE YOU IN?

Circle what feels closest or write your own.

🔥 **Fight** - edgy angry reactive ready to argue

✈️ **Flight** - anxious panicky rushing avoidant

❄️ **Freeze** - shutdown foggy checked out stuck

🤗 **Fawn** - performing caretaking over-giving overly nice

🌿 **Regulated** - present grounded centered medicated neutral

⭐ **Something else** _____

❹ WHAT DO YOU ACTUALLY NEED RIGHT NOW?

NOT what you should do - what you *NEED*. Maybe A breath. A snack. A no. A nap. A text. A scream. A bath. A movement. A decision. A journal page.

❺ TRUTH OF THE MOMENT

What's one honest thing you want to name, claim or release? Be blunt. Be real. Be raw.

SCENE OF THE SHIFT

"What Just Happened?" - A ROOTED REVIEW

This page is for unpacking what just happened – whether it was beautiful, brutal or both.

Not every moment is a meltdown. But some are.

This is your sacred post-incident report – for the wreck, the reckoning and the reminder that you made it.

Slow down. Name it. Let it integrate.

What the hell just happened?

What are you reflecting on?

Event, moment, decision, big win, boundary push

WHAT DID MY BODY KNOW FIRST?

Sensations, tension, heat, stillness, things you ignored (or didn't). Be honest.

WHAT STATE WAS I IN?

Fight / Flight / Freeze / Fawn
Activated / Regulated / Empowered
How did it show up?

WHAT DID IT COST ME?

Time? Energy? Dignity? Sleep?
Hope? Momentum?

Name it so you can reclaim it or guard it better.

WHAT GOT ME THROUGH?

Actions, thoughts, rituals, instincts or boundaries
Skill, Breath, Music, Rage
- You didn't just survive - you moved through.

WHAT TRUTH OR CLARITY ROSE TO THE SURFACE?

What did you learn about yourself, others or your needs?
Even if it was chaotic. Even if it hurt. What's worth keeping?
A boundary. A win. A truth

*Everything is information. You don't have to assign meaning before you're ready.
You didn't fold. You faced it. Even if you cursed the whole time. That's regulation, too.*



Try This Next

Pro tip from Saffron

Slowly look left
...then right

Do it again. And breathe.
That's your vagus nerve
kicking in - helping your system
find safety again.

The Anchor & The Spiral

Use this page to notice what supports your nervous system.

Color each box based on how that anchor point felt – not whether it was “done.”

Lighter = more anchored. Darker = more spiraled. Leave blank if you didn’t check in.



ANCHOR: _____

SPIRAL: _____

ANCHOR POINTS	MORE GROUNDED					MORE ACTIVATED
Breath & Body Did I breathe deeply or move my body today (even briefly)?						
Hydration Did I drink enough to support my system?						
Nourishment Did I eat in a way that supported energy and stability?						
Rest & Sleep Did I allow for rest, pauses or real sleep?						
Connection Did I connect with someone or something (person, nature, creativity)?						
Self-Witness Did I check in with myself without judgment?						

Anchor the Spiral.

Notice what feels steady, what feels loud. Your marks are a map, not a report card.

Stadier, clearer, resourced → anchoring.

Tense, noisy, depleted → information, not failure.

Over time, this shows what supports you and what needs attention.

