

# MINI NERVOUS SYSTEM JOURNAL

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

*Before*



*After*



Tamica Dizon  
[www.TamicaDizon.com](http://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

### Tamica Dizon

Mindset Coach | Wellness Educator | Safety Specialist | Chronic Illness Advocate

**Founder of:** Yogi Style | Hummingbird Management Group



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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.*

## WHERE ARE YOU RIGHT NOW?

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

## 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.


## 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** \_\_\_\_\_

## 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.

## 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.




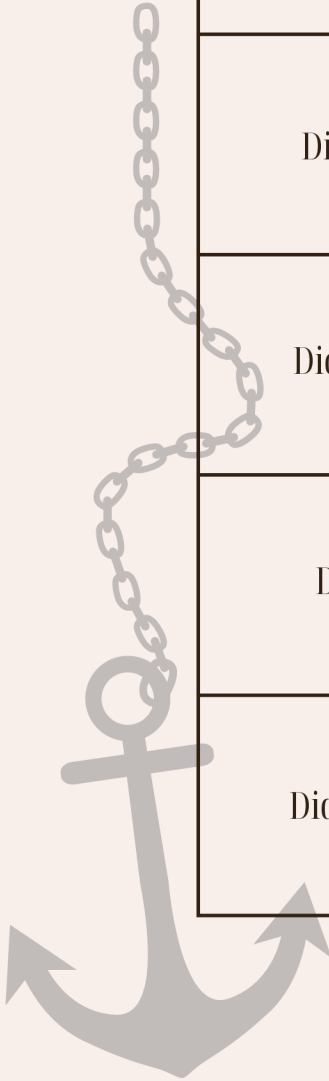
# The Anchor & The Spiral



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						
<b>Breath &amp; Body</b> Did I breathe deeply or move move my body today (even briefly)?							
<b>Hydration</b> Did I drink enough to support my system?							
<b>Nourishment</b> Did I eat in a way that supported energy and stability?							
<b>Rest &amp; Sleep</b> Did I allow for rest, pauses or real sleep?							
<b>Connection</b> Did I connect with someone or something (person, nature, creativity)?							
<b>Self-Witness</b> 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.  
  
Steadier, clearer, resourced → anchoring.  
Tense, noisy, depleted → information, not failure.  
  
Over time, this shows what supports you and what needs attention.