



Nervous System Check-in for Practice Owners

Is your practice helping you feel regulated or keeping you
in survival mode?

What are your current feelings about your practice?

QUESTIONS

HOW DO YOU FEEL?

I feel great! Depends on
the day Not so
good

I feel grounded and calm during my
workday.

☐☐☐

I take regular breaks to breathe, eat or
stretch.

☐☐☐

I feel clear headed when making
leadership decisions.

☐☐☐

I often find myself doing two things at
once.

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I think about work after work.

☐☐☐

I notice physical symptoms of stress.

☐☐☐

I carry the emotional weight of the team
alone.

☐☐☐

I feel like my job is meeting my
lifestyle needs.

☐☐☐



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Emotional Regulation (Q1, Q2, Q8)

0-2: Often dysregulated or reactive under stress

3-4: Mixed patterns, moderate regulation

5-6: Calm, clear-headed, and emotionally present

Boundaries & Self-Awareness (Q5, Q6, Q7)

0-2: Poor boundaries, high reactivity

3-4: Inconsistent self-care or work-life awareness

5-6: Strong habits that protect your time and energy

Burnout & Overfunctioning (Q3, Q4)

0-1: High burnout risk and over-responsibility

2-3: Starting to notice signs, room for balance

4: You're sharing the load and attending to your stress

Total Score (0-16)

0-5: High burnout or stress — prioritize care and support

You're carrying too much—and your nervous system knows it.

☞ **Let's talk. Book a free Clarity Call to explore how your practice can support you, not just your clients.**

6-11: Moderate strain — identify one small shift this week

You're managing, but it's costing you. You might be juggling too much or slipping into survival mode.

☞ **One small shift can bring more ease. Schedule a Clarity Call to name what's draining you.**

12-16: Healthy and sustainable — keep reinforcing what's working

You've got systems that are working. Now's the time to protect and strengthen them.

☞ **Let's check in and make a plan for sustainable growth. Book your free Clarity Call today at <https://scheduler.zoom.us/lisa-duez>**



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Now What? Your Score, Your Next Step

0–5: Burnout is knocking.

You're likely running on fumes. This is your signal to pause, breathe, and regroup. It's not about doing more—it's about doing less, better. You don't have to carry it all alone.

☞ Consider scheduling a consultation or coaching session to explore how your work can support—not drain—your nervous system.

6–11: “You’re holding it together—but at what cost?”

You may be juggling a lot and noticing it in your body, mood, or boundaries. There's room for more ease and clarity in your day-to-day.

☞ Start with one shift: better boundaries, deeper rest, or more self-check-ins. Let's talk about what support looks like for you.

12–16: “You’re in the sweet spot.”

You're showing strong self-awareness and regulation. Keep reinforcing the systems, habits, and support that keep you grounded.

Wherever your score landed, you're not alone—and there's support for your next step.

☞ **If you're running on fumes (0–5):** Let's hit pause and map out how to build a practice that gives back to you, too.

☞ **If you're holding it together (6–11):** Let's explore small, strategic shifts that bring more ease and alignment.

☞ **If you're in the sweet spot (12–16):** Let's protect what's working and plan for sustainable growth.



Schedule your free Clarity Call at <https://scheduler.zoom.us/lisa-duez> and let's talk about building a practice that works for you—not just because of you.



Or email me directly at hello@lisaduez.com to get started.



TIPS FOR EMOTIONAL REGULATION YOU CAN TRY TODAY

Box Breathing (4-4-4-4):

Inhale 4 counts → Hold 4 → Exhale 4 → Hold 4. Repeat 3–5
Great before meetings or tough decisions.

Name the Feeling:

Pause and ask, “What am I feeling right now?” Giving language to your internal state reduces reactivity and increases clarity.

Feet on the Floor, Back on the Chair:

Physically ground yourself for 30 seconds. This simple act can reorient your nervous system in a stressful moment.

Create Micro Transitions:

Between meetings or sessions, take a 60-second reset. Step away from the screen, look out a window, or stretch.


Small breaks prevent emotional pile-up.


Use “I’m Noticing” Statements:

Instead of reacting, say: “I’m noticing tension in my shoulders” or “I’m noticing I’m rushing.” It creates space between feeling and action.

Ready to create a practice that supports your nervous system?

If you're a group practice owner ready to lead with more clarity, energy, and alignment—let's talk.

 Schedule your free Clarity Call and let's talk about building a practice that works for you—not just because of you.

 Email me at hello@lisaduez.com to learn more about 1:1 coaching.

You don't have to figure it all out alone. Let's build something sustainable—together.

