

NERVOUS SYSTEM DYSREGULATION

Understand. Support. Rebalance.

Your nervous system is designed to keep you safe. When it senses threat, it shifts into survival mode. When this becomes constant, it can lead to dysregulation—making it hard to think clearly, manage emotions, and feel at ease.

WHAT IS NERVOUS SYSTEM DYSREGULATION?

It's when your nervous system gets "stuck" in a state of high alert (fight, flight, or freeze) or shuts down (collapse) even when the danger has passed. This can happen after trauma, chronic stress, overwhelm, or prolonged insecurity.



OVERACTIVE
Stuck in high alert, anxiety, irritability, tension



REACTIVE
Big emotional reactions, feeling easily overwhelmed



UNDERACTIVE
Numb, shut down, fatigue, low motivation



DEPLETED
Exhausted, empty, wired but tired

THE NERVOUS SYSTEM 101

Your autonomic nervous system (ANS) has two main parts that work together to keep you in balance.



SYMPATHETIC NERVOUS SYSTEM (ACCELERATOR)

Prepares your body for action.
Fight, flight, or freeze.



PARASYMPATHETIC NERVOUS SYSTEM (BRAKE)

Helps you rest, digest, and heal.
Rest, restore, and connect.

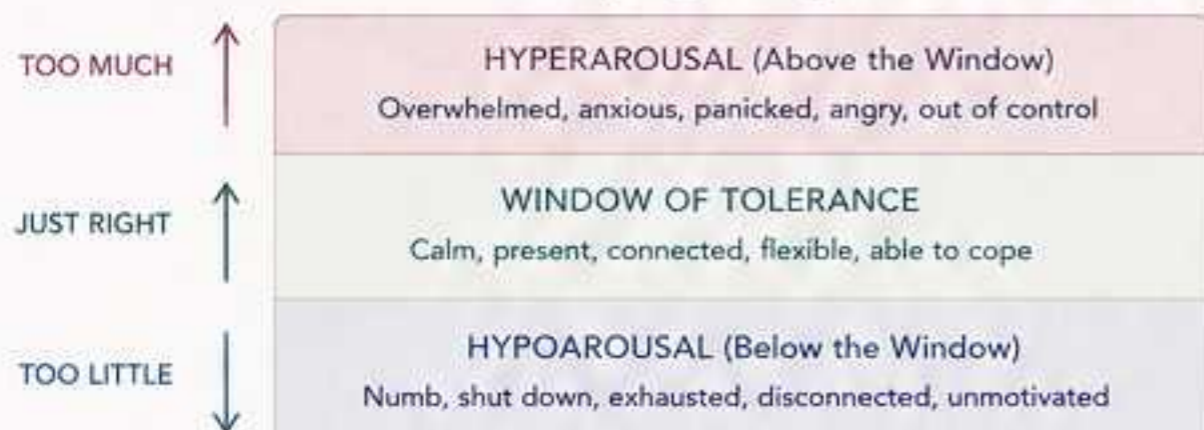
Dysregulation happens when the accelerator gets stuck on or the brake isn't working well.

COMMON SIGNS

- ♥ Anxiety, worry, or panic
- ♥ Irritability or anger
- ♥ Feeling on edge or easily startled
- ♥ Racing thoughts
- ♥ Trouble sleeping
- ♥ Numbness or feeling disconnected
- ♥ Fatigue or low motivation
- ♥ Trouble focusing or remembering
- ♥ Body tension, headaches, or pain
- ♥ Digestive issues
- ♥ Shutting down or zoning out

THE WINDOW OF TOLERANCE

This is your "zone" of optimal arousal where you feel your best—calm, focused, and capable. When you go too high or too low, it becomes harder to cope.



GOING OUT OF THE WINDOW MAY LOOK LIKE:

- ♥ Feeling overwhelmed or panicky
- ♥ Reacting impulsively
- ♥ Shutting down or feeling numb
- ♥ Feeling like you "can't think straight"
- ♥ Trouble connecting with yourself or others

The goal isn't to never leave the window—it's to recognize when you do and gently find ways back.

WHAT HELPS REGULATE YOUR NERVOUS SYSTEM?

Small, consistent practices help your system feel safe again.



AWARENESS
Notice your body, emotions, and triggers without judgment.



BREATH
Slow, deep breathing helps signal safety to your body.



MOVEMENT
Gentle movement releases stress and restores energy.



GROUNDING
Connect with your senses and the present moment.



CONNECTION
Safe relationships and support help soothe and regulate.



REST & PLAY
Rest, sleep, and joy are not luxuries—they're necessary.



ROUTINE
Predictability creates safety and helps stabilize.

YOU CAN PRACTICE COMING BACK TO YOU

- ♥ It's okay if your nervous system is doing its best to protect you.
- ♥ You are not too much. You are not broken.
- ♥ Healing happens when your body feels safe enough to soften and reconnect.

QUICK REGULATION TOOLS (TRY WHAT WORKS FOR YOU)

- ♥ Take 3 slow, deep belly breaths.
- ♥ Name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste
- ♥ Press your feet into the ground
- ♥ Splash cool water on your face
- ♥ Stretch or shake out your body
- ♥ Hug a pillow or weighted blanket
- ♥ Step outside or look at nature
- ♥ Listen to calming music
- ♥ Reach out to someone you trust

REMEMBER

- ♥ Your nervous system is not the enemy—it's trying to keep you safe.
- ♥ With time, support, and practice, you can build more resilience and connection.
- ♥ Small steps, often, create big change.
- ♥ You deserve to feel safe in your body.

GENTLE REMINDERS

- ♥ Progress isn't linear.
- ♥ Regulation is a practice, not perfection.
- ♥ Be patient and compassionate with yourself.
- ♥ You are allowed to take things one step at a time.

*You are healing. You are becoming.
You are enough.*