

Her Compassion Coach

NERVOUS SYSTEM SUPPORT

7 DAY STAR CHART

Daily nervous system interventions for more presence, peace & focus.

TICK OFF WHAT YOU DO. Aim for 5 or more, not all 10. | No pressure, no "shoulds", just an invitation...

	MON	TUE	WED	THU	FRI	SAT	SUN
 01 · MORNING CHECK-IN Hand on chest and stomach, 3 slow breaths, and simply ask "What do I notice in my body?"	☐	☐	☐	☐	☐	☐	☐
 02 · DAYLIGHT 10 minutes outside in natural light (cloud cover is fine) ideally within the first hour of waking.	☐	☐	☐	☐	☐	☐	☐
 03 · STATE SHIFT 2 minutes: dance, sing, extended outbreath breathing, cold water on face, shake limbs etc.	☐	☐	☐	☐	☐	☐	☐
 04 · ORIENTING In moments of racing thoughts or anxiety look around and point out to yourself square shapes and round shapes.	☐	☐	☐	☐	☐	☐	☐
 05 · MOVEMENT BREAK A walk, shake out your arms and legs, or gentle stretching for 5 minutes.	☐	☐	☐	☐	☐	☐	☐
 06 · MIDDAY PAUSE Drop your shoulders, unclench your jaw, and soften your stomach before your next task.	☐	☐	☐	☐	☐	☐	☐
 07 · PARTS CHECK-IN Notice which inner voice is loudest today. Thank it for getting your attention and trying to keep you safe. And notice that it's just one of many parts.	☐	☐	☐	☐	☐	☐	☐
 08 · ONE TRUE REST Get outside and have no screen time and no task.	☐	☐	☐	☐	☐	☐	☐
 09 · CONNECTION A kind exchange with someone, a hug, or time with a pet.	☐	☐	☐	☐	☐	☐	☐
 10 · EVENING WIND-DOWN Dim the lights, put screens away 30 minutes before bed, and do a slow body scan or self-hug.	☐	☐	☐	☐	☐	☐	☐



REFLECTION: One thing my body told me today was _____

Notice what changes



when you listen.