



Nervous System Check-In™

Pause for a moment. Which state feels most like you right now?



SETTLED & PRESENT

I feel steady, connected and able to respond.



ACTIVATED

I feel tense, restless, worried, irritable or on edge.



OVERWHELMED

Everything feels too much. It is hard to think or know what to do first.



DEPLETED

I feel drained, disconnected, foggy or unable to get going.

WHAT MIGHT HELP RIGHT NOW?



Settled: Keep supporting what is working.



Activated: Try slower breathing, grounding or gentle movement.



Overwhelmed: Reduce input and choose one small next step.



Depleted: Begin with warmth, nourishment, rest or quiet connection.



GENTLE REMINDER

Your state can change throughout the day. This check-in is about noticing, not judging.



Martine's Midlife Wellness Tip

Choose the smallest supportive action that feels possible. Your nervous system does not need a perfect routine to benefit from a moment of care.