

STRONG HAPPY HEALTHY LOVED

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NERVOUS SYSTEM CHEAT SHEET

Know Your State · Reset Your System · Rise

① YOUR 5 NERVOUS SYSTEM STATES

SAFE & SOCIAL

Calm, connected, focused, present — in your window of tolerance

FIGHT

Angry, reactive, tense, defensive — threat response activated

FLIGHT

Anxious, avoidant, restless, overwhelmed — urge to escape

FREEZE

Shutdown, numb, disconnected, foggy — system overloaded

FAWN

People-pleasing, no boundaries — avoiding conflict to feel safe

② WARNING SIGNS — YOU'RE DYSREGULATED

- Racing thoughts or mind going completely blank
- Snapping at people or shutting down
- Exhausted but unable to rest or switch off
- Tight chest, jaw tension or shallow breathing
- Can't focus, make decisions or start tasks
- Feeling disconnected from yourself or others

③ QUICK RESET TOOLS — USE RIGHT NOW

BOX BREATHING

Inhale 4 → Hold 4 → Exhale 4 → Hold 4
Repeat 4x — activates calm response fast.

PHYSIOLOGICAL SIGH

Double inhale through nose
→ Long slow exhale through mouth
The fastest real-time stress reducer.

5-4-3-2-1 GROUNDING

5 see · 4 hear · 3 touch
2 smell · 1 taste
Brings you back to the present now.

④ YOUR DAILY RESET ROUTINE

MORNING

5 mins conscious breathing — before you check your phone

MIDDAY

3 physiological sighs — reset your system between tasks

EVENING

4 mins box breathing — before sleep

READY TO GO DEEPER?

Start the 4-Phase Breakthrough System or take your free assessment today

shhl.com.au/4-phase

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