

End-of-Year Nervous System Check-In

Burnout Cycle Self-Assessment

- ☐ Mental fatigue
- ☐ Emotional reactivity
- ☐ Physical exhaustion
- ☐ Sensory overwhelm
- ☐ Difficulty initiating tasks
- ☐ Rumination or worry
- ☐ Shutdown or numbing
- ☐ Disrupted sleep

Reflection: What patterns are you noticing? What feels familiar this time of year?

Sensory Anchor Menu

- ☐ Warm temperature
- ☐ Cold temperature
- ☐ Weight/pressure
- ☐ Sound
- ☐ Movement
- ☐ Scent
- ☐ Visual focus

My Daily Anchor: _____

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This worksheet is for educational and informational purposes only and is not a substitute for psychotherapy, medical care, or individualized treatment. Completing this worksheet does not create a therapeutic relationship. If you need additional support, consider reaching out to a licensed mental health professional.

Good-Enough Routine Builder

Body

- ___ Slow exhale
- ___ Shoulder roll
- ___ 30-sec stretch
- ___ Step outside

Mind

- ___ Name your emotional state
- ___ One-sentence journaling
- ___ 30-sec pause

Connection

- ___ Co-regulate
- ___ Send a supportive text
- ___ Pet interaction

Environment

- ___ Tidy one item
- ___ Dim lights
- ___ Light a candle

My routine for this week: _____

Daily Regulation Log

- My stress state today: ___ safe ___ activated ___ overwhelmed ___ shut down
- One thing that helped: _____
- Boundary I set (or wish I had set): _____
- One thing I'm proud of: _____

Compassionate Reflection:

- What did my nervous system need more of this week?
- What drained me more than expected?
- What can I reduce by 5% next week?
- What support would help me feel more resourced?

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