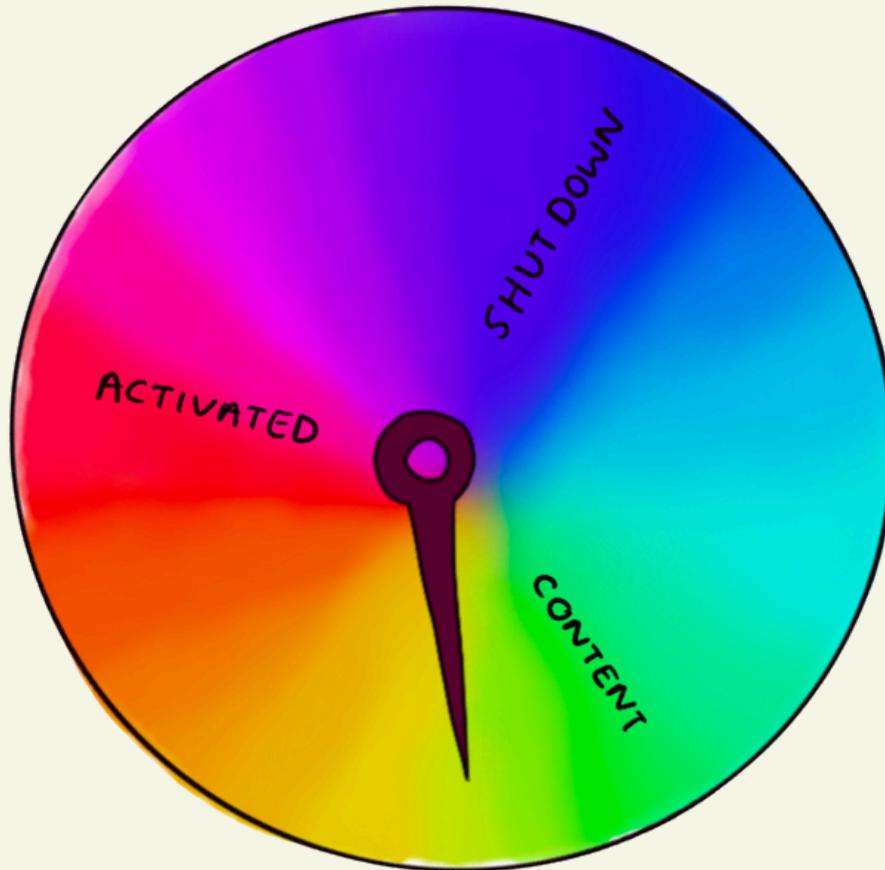


Nervous system barometer

Get familiar with your own nervous system barometer using chapter 4 of *It's All In Your Body*, to recognise how different states feel physically and emotionally and what headspace they coincide with. You can use the table to track this over 1-2 weeks to build your interoceptive awareness.



Notice now where you would intuitively put yourself on the nervous system barometer.

- What does it physically feel like in your body?
- How does it feel emotionally?
- Do you notice any urges, impulses or actions?

