

5 Tips For  
TRACKING  
YOUR  
STRESS  
RESPONSE

TRACKING JOURNAL



Growing Harmony  
Within

*Designed by Kimberly*

grow@alpacaman.com

Growing Harmony Within

# WELCOME

I am so excited to share how tracking your stress response system can have an impact on your day to day life.

## Why Track Your Stress Response System?

Tracking helps you:

- \* notice when things are stressing you out before they get overwhelming
- \* identify the things that bring you back into a calm state
- \* notice the overwhelm and that you can do something about it

[grow@alpacaman.com](mailto:grow@alpacaman.com)



# CHECKLIST

- Tip #1 - Watch the Video

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- Tip #2 - Watch the Video

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- Practice noticing sensations daily

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- Tip #3 - Watch the Video

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- Fill out tracker for 3 days

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- Tip #4 - Watch the Video

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- Practice noticing your startle response

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- Tip #5 - Watch the Video

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- Practice grounding

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- Bonus Tip - Watch the Video

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- Share your experience using email, FaceBook or fill out our feedback form.

**Congratulations!!**

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[Watch the guided video by clicking here](#)

# Tip #1

The first tip is to start tracking the sensations you notice in your body while seated.

This requires finding a quiet space to get still and sit. Ideally, you should sit where no one can disturb you. Take at least 5 minutes.

As you start use some paper and pen to write down what you are noticing. Each time you notice a sensation, acknowledge the sensation and then move your focus to the next sensation that comes to mind.

Practice this every day until you feel comfortable noticing sensation in your body.

Adding colors to your writing can be another way to explore the sensation you are noticing.



## Common Body Sensation Words

Tense	Knotted	Dull
Tingly	Sore	Empty
Tight	Pressure	Hollow
Warm	Prickly	Heavy
Cold	Pounding	Disconnected
Hot	Relaxed	Constricted
Swirly	Open	Rigid
Shaky	Grounded	Wobbly

# Journal

What did you notice during the exercise? What body sensations were present? Write down what you noticed in the space below. You can also draw what you notice if that feels helpful.



[Watch the guided video by clicking here](#)

## Tip #2

The second tip is to start tracking the sensations you notice in your body while moving.

For about 30 seconds run in place or do jumping jacks. If you are not able to leave your chair, you can wave your arms up and down or back and forth. The goal is to shift your nervous system into an active state through movement.

At the end of the 30 seconds notice what sensations you experience in your body. For instance, you may notice your heart beating faster. Whatever you notice, write it down.

After your body returns to calm, notice what sensations you experience. Do you feel calm and settled? Do you feel tired and ready to fall asleep? Practice noticing without any judgement about what it means.

Continue to practice noticing what sensations you experience in your body. Take pauses throughout your day to notice what your body is trying to tell you.

# Journal

What did you notice during the exercise? What body sensations were present? Write down what you noticed in the space below. You can also draw what you notice if that feels helpful.



<p><b>SYMPATHETIC - HIGH ENERGY / ANXIOUS</b> survival state</p>	<p>fight / flight</p>	<p>restless activated hypervigilance anger agression hamster wheel insomnia</p>
<p><b>PARASYMPATHETIC VENTRAL VAGAL - SOCIAL ENGAGEMENT</b></p>		
<p>survival state <b>PARASYMPATHETIC DORSAL VAGAL FREEZE - LOW ENERGY / OVERWHELM</b></p>	<p>freeze / fawn</p>	<p>exhausted heaviness depression chronic pain what's the point? conserve energy shutdown collapse</p>
<p>grow@alpacaman.com</p>	<p>growingharmonywithin.com</p>	

[Watch the guided video by clicking here](#)

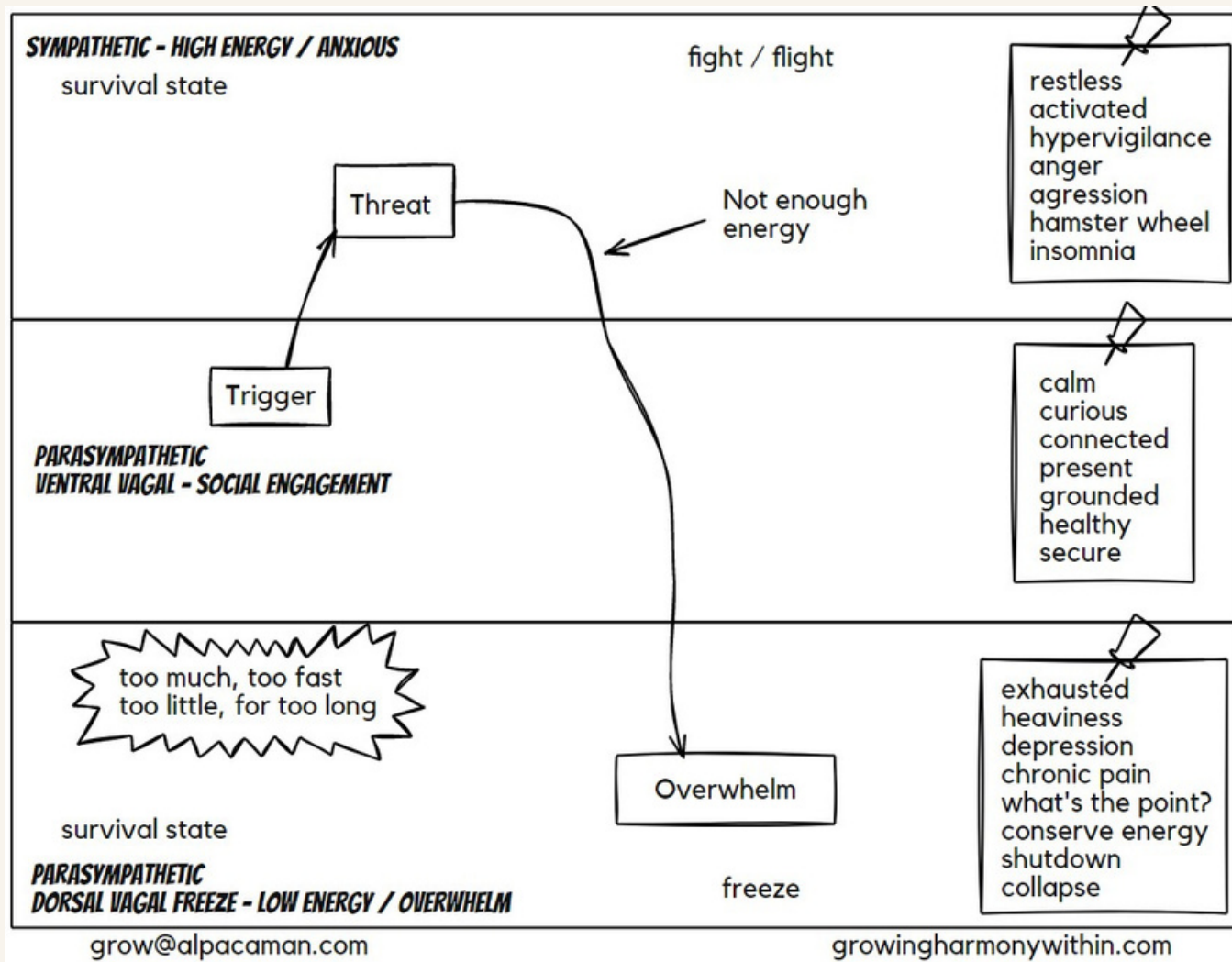
## Tip #3

The third tip is to learn about the different nervous systems states. In the video I review the nervous system states: sympathetic, parasympathetic - ventral vagal, parasympathetic - dorsal vagal. You will learn how to identify which states you are in throughout the day and why that matters.

# Journal

What did you notice during the video? Did any of the nervous system states resonate for you?





[Watch the guided video by clicking here](#)

## Tip #4

The fourth tip is about your stress response system. You will learn how to track our stress response as you pay attention to your startle response.

Download the tracker using the link below. Print it out to start tracking your stress response system.

[Download the Tracker](#)

[grow@alpacaman.com](mailto:grow@alpacaman.com)

# Assignment

Print out the tracker form using the link on the previous page. Track your stress response system for the next few days. What do you notice? Are there any **patterns**?





[Watch the guided video by clicking here](#)

## Tip #5

The fifth tip is learning to shift your nervous system state back into calm using grounding. Grounding helps us reconnect to the present moment by noticing how gravity impacts our body.

What does it take to really ground? What does your body need to feel grounded?

Your weight needs to be felt in specific places in the body like the feet and the seat.

You want to find the point of contact where you have the sense of gravity pulling you down — that is being grounded.



[Watch the guided video by clicking here](#)

## Bonus Tip

My bonus tip is about orienting. You can use orienting to help your nervous system know it is in the present moment and not stuck in the past. Orienting involves using your senses to notice your current environment.

What do you see, smell, hear, taste or feel?

You can use your senses to help your body know that it is safe. This is important because your mind can be sure you are safe and your body can still feel unsafe. Remember the stress response system and the startle response. You want to help your body feel safe in the moment.

You might start to notice your body building toward taking a deep breath. The deep breath is like a sense of safety. Keep practicing.

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# Journal

What did you notice during grounding or orienting? Did you notice a shift, a deep breath, a sigh or some settling in your shoulders? When you were orienting, did anything feel unsafe to you?



# WHAT IS NEXT?

Check out the online course - Intro to Growing Harmony Within - Use coupone code XUE1WEKQF8 for 25% off.

Check out our coaching options for one on one support with shifting your nervous system into calm or diving deeper into what is going on in your nervous system.

Join our online community on FaceBook - share your experience or what you learned from the tips.

Stay tuned for our upcoming offerings. If you have suggestions on what you want to learn, send us an email or fill out our feed back form.

[grow@alpacaman.com](mailto:grow@alpacaman.com)



# SUMMARY

## Tip #1 - Tracking while seated

[https://player.vimeo.com/video/776353352?  
h=ae6379e3c0&badge=0&autoplay=0&player\\_id=0&app\\_id=58479](https://player.vimeo.com/video/776353352?h=ae6379e3c0&badge=0&autoplay=0&player_id=0&app_id=58479)

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## Tip #2 - Tracking while moving

[https://player.vimeo.com/video/776353377?  
h=929ce579fa&badge=0&autoplay=0&player\\_id=0&app\\_id=58479](https://player.vimeo.com/video/776353377?h=929ce579fa&badge=0&autoplay=0&player_id=0&app_id=58479)

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## Tip #3 - Nervous System States

[https://player.vimeo.com/video/775169643?  
h=20a33f1f4c&badge=0&autoplay=0&player\\_id=0&app\\_id=58479](https://player.vimeo.com/video/775169643?h=20a33f1f4c&badge=0&autoplay=0&player_id=0&app_id=58479)

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## Tip #4 - Stress Response System

[https://player.vimeo.com/video/775171235?  
h=b85913e7cb&badge=0&autoplay=0&player\\_id=0&app\\_id=58479](https://player.vimeo.com/video/775171235?h=b85913e7cb&badge=0&autoplay=0&player_id=0&app_id=58479)

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## Tip #5 - Grounding Exercise

[https://player.vimeo.com/video/775581696?  
h=d301fbc190&badge=0&autoplay=0&player\\_id=0&app\\_id=58479](https://player.vimeo.com/video/775581696?h=d301fbc190&badge=0&autoplay=0&player_id=0&app_id=58479)

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## Bonus Tip - Orienting

[https://player.vimeo.com/video/776353326?  
h=e59a2007d0&badge=0&autoplay=0&player\\_id=0&app\\_id=58479](https://player.vimeo.com/video/776353326?h=e59a2007d0&badge=0&autoplay=0&player_id=0&app_id=58479)

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## Tracking Sheet

<https://growingharmonywithin.com/NervousSystemStatesTracker.pdf>

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## Website

<https://growingharmonywithin.com>

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## Feedback Form

<https://growingharmonywithin.com/FeedbackForm.html>

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