

◆ FREE PRINTABLE ◆

# MORNING STRESS AUDIT KIT

*Regulate Your Nervous System &  
Reclaim Your Mornings*

## WHAT'S INSIDE

- ◆ Nervous System Check-in Tracker
  - ◆ 30-Day Clear Mind Challenge
  - ◆ 15-Min Somatic Morning Exercises
- ◆ High-Protein Meal Formula Cheat Sheet

# NERVOUS SYSTEM CHECK-IN TRACKER

Daily audit of your stress triggers & regulation wins

Track your nervous system state each morning for 7 days. Awareness is the **first step** to intentional living.

DATE	WAKE MOOD	STRESS 1-5	SCREEN FREE?	TRIGGER NOTED	REGULATION HABIT USED	ENERGY PM 1-5
Day 1 __/__/__	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	① ② ③ ④ ⑤	YES NO	_____	_____	① ② ③ ④ ⑤
Day 2 __/__/__	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	① ② ③ ④ ⑤	YES NO	_____	_____	① ② ③ ④ ⑤
Day 3 __/__/__	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	① ② ③ ④ ⑤	YES NO	_____	_____	① ② ③ ④ ⑤
Day 4 __/__/__	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	① ② ③ ④ ⑤	YES NO	_____	_____	① ② ③ ④ ⑤
Day 5 __/__/__	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	① ② ③ ④ ⑤	YES NO	_____	_____	① ② ③ ④ ⑤
Day 6 __/__/__	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	① ② ③ ④ ⑤	YES NO	_____	_____	① ② ③ ④ ⑤
Day 7 __/__/__	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	① ② ③ ④ ⑤	YES NO	_____	_____	① ② ③ ④ ⑤

## MORNING STRESS TRIGGER AUDIT

### ■ Checking phone on waking

Replace with: 5 deep breaths + window gazing

MINE

### ■ Coffee before breakfast

Replace with: High-protein meal first, delay caffeine 60 min

MINE

### ■ Scrolling news immediately

Replace with: Gratitude journaling or gentle stretch

MINE

### ■ Rushing through morning

Replace with: Wake 20 min earlier for somatic movement

MINE

### ■ Catastrophic morning thoughts

Replace with: Box breathing + one grounding affirmation

MINE

# 30-DAY CLEAR MIND CHALLENGE

One small regulation habit each day — consistency over extremes

Check off each day as you complete your morning nervous-system ritual. Missing a day? **No guilt — just restart.** Progress, not perfection.

1 No phone 30 min <input type="checkbox"/>	2 4-7-8 Breathing <input type="checkbox"/>	3 Warm water first <input type="checkbox"/>	4 Gratitude 3 things <input type="checkbox"/>	5 Somatic stretch <input type="checkbox"/>	6 High-protein breakfast <input type="checkbox"/>
7 Walk in sunlight <input type="checkbox"/>	8 No screens before 8am <input type="checkbox"/>	9 Box breathing <input type="checkbox"/>	10 Cold face splash <input type="checkbox"/>	11 Journal 5 min <input type="checkbox"/>	12 Connect with love <input type="checkbox"/>
13 Gentle yoga <input type="checkbox"/>	14 Delay caffeine <input type="checkbox"/>	15 Body scan meditation <input type="checkbox"/>	16 Humming or singing <input type="checkbox"/>	17 Hydrate 1L before 9 <input type="checkbox"/>	18 Nature walk <input type="checkbox"/>
19 Eat before coffee <input type="checkbox"/>	20 Legs up the wall <input type="checkbox"/>	21 Screen-free breakfast <input type="checkbox"/>	22 Breathwork 5 min <input type="checkbox"/>	23 Shoulder rolls <input type="checkbox"/>	24 Oxytocin hug <input type="checkbox"/>
25 Sunlight eyes open <input type="checkbox"/>	26 No alarm if possible <input type="checkbox"/>	27 Protein smoothie <input type="checkbox"/>	28 Grounding bare feet <input type="checkbox"/>	29 Slow morning <input type="checkbox"/>	30 ■ FULL CHALLENGE! <input type="checkbox"/>

## ■ WEEKLY INTENTIONS

Week 1 intention: \_\_\_\_\_

Week 2 intention: \_\_\_\_\_

Week 3 intention: \_\_\_\_\_

Week 4 intention: \_\_\_\_\_

Week 5 intention: \_\_\_\_\_

## ■ END-OF-CHALLENGE REFLECTION

My biggest nervous-system shift this month was:

\_\_\_\_\_

The habit I'll keep forever:

\_\_\_\_\_

One thing I'm letting go of:

\_\_\_\_\_

# 15-MIN SOMATIC MORNING ROUTINE

Gentle movement to shift your body from fight-or-flight to rest & digest

**Somatic exercises** use slow, intentional movement to release stored tension and signal safety to your nervous system. No mat required — just 15 minutes.

## 1 MIN ■■ 4-7-8 Breathing Activation

- Sit tall, close your eyes, relax jaw
- Inhale through nose for 4 counts
- Hold breath for 7 counts

*Tip: Place one hand on chest, one on belly. Feel the rise and fall...*

## 2 MIN ■ Neck & Jaw Release

- Drop chin to chest, hold 5 seconds
- Slowly roll right ear to right shoulder
- Return to center, then left side

*Tip: Do this before checking your phone. Always.*

## 3 MIN ■ Spinal Wake-Up Sequence

- Stand, feet hip-width. Ragdoll forward fold, hang heavy
- Slowly roll up vertebra by vertebra
- Cat-cow: 4 rounds on hands & knees (or seated)

*Tip: Move at half your usual speed. Slowness is the medicine.*

## 3 MIN ■ Somatic Shaking / Tremoring

- Stand and lightly bounce on balls of your feet
- Let knees soften and shake naturally
- Allow vibration to travel up through hips and torso

*Tip: Feels silly the first time. Do it anyway. You'll feel amazing...*

## 3 MIN ■ Butterfly Tapping (EFT-Lite)

- Cross arms over chest, hands on opposite shoulders
- Alternate gentle tapping left-right-left-right
- Breathe deeply and recall one safe, joyful memory

*Tip: Works beautifully if anxiety spikes on waking.*

## 3 MIN ■ Legs Up the Wall (Viparita Karani)

- Lie on your back, swing legs up against a wall
- Arms relaxed at sides, palms up (receiving posture)
- Close eyes, breathe naturally — focus on exhale

*Tip: Place a warm eye mask over eyes for extra calm.*

## ■ YOUR 15-MINUTE TIMELINE

0:00

4-7-8  
Breathing

1:00

Neck &  
Jaw Release

3:00

Spinal  
Wake-Up

6:00

Somatic  
Shaking

9:00

Butterfly  
Tapping

12:00

Legs Up  
the Wall

15:00

Done!  
Nourish

# HIGH-PROTEIN MORNING MEAL FORMULA

Stabilize blood sugar · Reduce cortisol · Fuel your clear mind

**Rule #1:** Eat before you caffeinate. A high-protein breakfast within 60 minutes of waking stabilizes cortisol, prevents the 2 PM crash, and supports nervous system regulation all day.

## THE CLEAR MIND PLATE FORMULA

30g Protein + Healthy Fat + Complex Carb + Hydration

= Calm focus · Stable energy · Zero crash

### GROCERY CHEAT SHEET — MIX & MATCH

PROTEIN SOURCES (aim for 25–35g)	HEALTHY FATS (1–2 servings)	COMPLEX CARBS (optional, grounding)	HYDRATION STACK (before coffee!)
<ul style="list-style-type: none"><li>● Eggs (3 whole = 18g)</li><li>● Greek yogurt 200g = 20g</li><li>● Cottage cheese 150g = 18g</li><li>● Smoked salmon 80g = 16g</li><li>● Chicken breast 100g = 27g</li><li>● Protein powder 1 scoop = 20–25g</li><li>● Edamame 150g = 17g</li><li>● Tofu firm 150g = 12g</li><li>● Tempeh 100g = 19g</li><li>● Collagen peptides 2 tbsp</li></ul>	<ul style="list-style-type: none"><li>● Avocado ½ fruit</li><li>● Almond butter 2 tbsp</li><li>● Chia seeds 2 tbsp</li><li>● Hemp seeds 3 tbsp</li><li>● Walnuts small handful</li><li>● Olive oil drizzle</li><li>● Flax seeds 1 tbsp</li><li>● Coconut yogurt</li><li>● Full-fat cheese 30g</li><li>● MCT oil 1 tsp in coffee</li></ul>	<ul style="list-style-type: none"><li>● Oats ½ cup rolled</li><li>● Sweet potato ½ med</li><li>● Sourdough toast 1 slice</li><li>● Quinoa ½ cup cooked</li><li>● Banana (ripe) 1 small</li><li>● Berries 1 cup</li><li>● Brown rice cakes</li><li>● Chickpeas ½ cup</li><li>● Lentils ½ cup cooked</li><li>● Whole grain wrap</li></ul>	<ul style="list-style-type: none"><li>● 500ml water on waking</li><li>● Lemon juice squeeze</li><li>● Sea salt pinch in water</li><li>● Magnesium powder sachet</li><li>● Coconut water 200ml</li><li>● Electrolyte tab (no sugar)</li><li>● Herbal tea: ginger/mint</li><li>● Nettle tea (mineral-rich)</li><li>● Aloe vera juice 30ml</li><li>● Celery juice 200ml</li></ul>

### 5 QUICK CLEAR MIND BREAKFASTS (Under 10 Min)

<p>◆ <b>Power Scramble</b></p> <p>3 eggs + smoked salmon + avocado + sourdough toast</p> <p>~35g protein</p>	<p>◆ <b>Protein Parfait</b></p> <p>Greek yogurt + berries + hemp seeds + almond butter drizzle</p> <p>~28g protein</p>
<p>◆ <b>Savory Oats Bowl</b></p> <p>Oats + 1 egg stirred in + cheese + everything bagel seasoning</p> <p>~22g protein</p>	<p>◆ <b>Green Goddess Smoothie</b></p> <p>Protein powder + spinach + banana + almond milk + chia seeds</p> <p>~30g protein</p>
<p>◆ <b>Cottage Cheese Toast</b></p> <p>Sourdough + cottage cheese + smoked salmon + capers + lemon</p> <p>~32g protein</p>	

### CORTISOL-FRIENDLY MORNING TIMING GUIDE

- Wake up → 500ml water immediately
- T+30 min → Somatic movement (15 min routine)
- T+45 min → High-protein breakfast
- T+60 min → First coffee (cortisol is now declining)
- T+90 min → Begin deep focused work