

# Seven Day Calm Nervous System Lab

A gentle, research aligned practice plan to build inner safety and emotional flexibility in one week.

Prepared for CareAndSelfLove.com • Calm Space • October 14, 2025

## How to Use This Lab

Set aside five to eight minutes each day. Begin by noticing one signal in the body. Follow the short instructions for the day, then record a tiny next move. Aim for a ten percent reduction in intensity rather than total relief. End each page by writing one sentence that respects your limits and your values.

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### Tracking Key

SUDS is a brief rating of intensity from zero to one hundred. Use before and after each practice to make small gains visible.

## Day 1 • Notice

Mark the moment of activation with a single sentence: A signal is here. Allow fifteen seconds without adding a story. Let your breath appear on its own.

Before SUDS (0–100)		After SUDS (0–100)	
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### Quiet Data

Context		Feeling Named	
Need Chosen		Tiny Next Move	
Ten Percent Relief Check <input type="checkbox"/> yes <input type="checkbox"/> no		Time Spent (min)	

### Reflection

Write one sentence that treats your experience as understandable and that points to the smallest next step you can respect. Example: It makes sense that I feel urgent after the email and I will slow my breath then draft a reply later.

## Day 2 • Name

Try two emotion labels until the body softens slightly. If words do not come, describe sensation such as heat or pressure, then try a label again.

Before SUDS (0–100)		After SUDS (0–100)	
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### Quiet Data

Context		Feeling Named	
Need Chosen		Tiny Next Move	
Ten Percent Relief Check <input type="checkbox"/> yes <input type="checkbox"/> no		Time Spent (min)	

### Reflection

Write one sentence that treats your experience as understandable and that points to the smallest next step you can respect. Example: It makes sense that I feel urgent after the email and I will slow my breath then draft a reply later.

## Day 3 • Normalize

Add a clean because. For example, it makes sense I feel tense because sleep was short or because the project matters to me.

Before SUDS (0–100)		After SUDS (0–100)	
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### Quiet Data

Context		Feeling Named	
Need Chosen		Tiny Next Move	
Ten Percent Relief Check <input type="checkbox"/> yes <input type="checkbox"/> no		Time Spent (min)	

### Reflection

Write one sentence that treats your experience as understandable and that points to the smallest next step you can respect. Example: It makes sense that I feel urgent after the email and I will slow my breath then draft a reply later.

## Day 4 • Need

Ask what would help by ten percent. Pick one present moment need such as rest clarity boundary data or contact.

Before SUDS (0–100)		After SUDS (0–100)	
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### Quiet Data

Context		Feeling Named	
Need Chosen		Tiny Next Move	
Ten Percent Relief Check <input type="checkbox"/> yes <input type="checkbox"/> no		Time Spent (min)	

### Reflection

Write one sentence that treats your experience as understandable and that points to the smallest next step you can respect. Example: It makes sense that I feel urgent after the email and I will slow my breath then draft a reply later.

## Day 5 • Language

Use gentle distanced self talk once today. For example, use your name and a calm coaching tone that grants permission to go slow.

Before SUDS (0–100)		After SUDS (0–100)	
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### Quiet Data

Context		Feeling Named	
Need Chosen		Tiny Next Move	
Ten Percent Relief Check <input type="checkbox"/> yes <input type="checkbox"/> no		Time Spent (min)	

### Reflection

Write one sentence that treats your experience as understandable and that points to the smallest next step you can respect. Example: It makes sense that I feel urgent after the email and I will slow my breath then draft a reply later.

## Day 6 • Action

Validate first and then choose one concrete behavior that matches the need. Keep it small and observable.

Before SUDS (0–100)		After SUDS (0–100)	
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### Quiet Data

Context		Feeling Named	
Need Chosen		Tiny Next Move	
Ten Percent Relief Check <input type="checkbox"/> yes <input type="checkbox"/> no		Time Spent (min)	

### Reflection

Write one sentence that treats your experience as understandable and that points to the smallest next step you can respect. Example: It makes sense that I feel urgent after the email and I will slow my breath then draft a reply later.

## Day 7 • Review

Read your notes from the week. Name one prevention move for common triggers and one recovery move for spikes in activation.

Before SUDS (0–100)		After SUDS (0–100)	
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### Quiet Data

Context		Feeling Named	
Need Chosen		Tiny Next Move	
Ten Percent Relief Check <input type="checkbox"/> yes <input type="checkbox"/> no		Time Spent (min)	

### Reflection

Write one sentence that treats your experience as understandable and that points to the smallest next step you can respect. Example: It makes sense that I feel urgent after the email and I will slow my breath then draft a reply later.

## Weekly Review and Personal Protocol

Look for patterns in your Quiet Data. Which contexts reliably raise intensity. Which tiny moves helped by at least ten percent. Create a simple two part protocol below.

Prevention Moves for Common Triggers	
Recovery Moves for Acute Spikes	
Support People and Contact Plan	
Commitment Sentence for Next Week	

### Kind Reminder

The goal is steadier choice, not perfect calm. Measure progress by small drops in intensity and by your willingness to return to the practice with warmth.