

## From Survival Mode to Safety: Daily Skills Tracker

Change usually does not happen by accident—it requires intentional daily action, planning, and repetition. Many people want to calm their nervous system but feel overwhelmed and unsure where to start, so this checklist organizes the major survival stress systems discussed in the article and gives practical daily skills to practice. Use it consistently to help train your mind and body to spend more time in a safe, regulated state instead of chronic survival mode.

Emotional & Attachment Stress System							
Daily Practice	SUN	MON	TUE	WED	THU	FRI	SAT
Practice slow breathing for 5 minutes							
Journal emotions instead of avoiding them							
Challenge one negative thought pattern							
Practice self-compassion instead of self-criticism							
Talk to someone supportive							
Spend 10 minutes calming the nervous system							
Practice gratitude for 3 things							
Identify and name emotions instead of suppressing them							
Set one healthy emotional boundary							
Do one activity that creates peace or joy							
Other:							
Other:							
Other:							

Sleep, Recovery & Balance System							
Daily Practice	SUN	MON	TUE	WED	THU	FRI	SAT
Get 7–9 hours of sleep							
Go to bed at a consistent time							
Wake up at a consistent time							
Get sunlight within 30 minutes of waking							
Reduce screen exposure before bed							
Avoid caffeine late in the day							
Practice a calming bedtime routine							
Take short recovery breaks during the day							
Stretch or relax before bed							
Avoid overworking without recovery							
Other:							
Other:							
Other:							

### Immune & Inflammatory Stress System

Daily Practice	SUN	MON	TUE	WED	THU	FRI	SAT
Drink enough water							
Eat anti-inflammatory foods							
Avoid foods that worsen inflammation							
Get enough sleep to support immunity							
Spend time outside in fresh air							
Reduce chronic stress through calming activities							
Move the body gently through walking or exercise							
Reduce exposure to allergens or irritants							
Practice deep breathing to calm inflammation responses							
Listen to signs of illness and allow recovery time							
Other:							
Other:							
Other:							

### Nutrition & Metabolic Stress System

Daily Practice	SUN	MON	TUE	WED	THU	FRI	SAT
Eat breakfast with protein, healthy fats, carbs, and fiber							
Eat lunch with protein, healthy fats, carbs, and fiber							
Eat dinner with protein, healthy fats, carbs, and fiber							
Stay hydrated throughout the day							
Reduce inflammatory foods and excess sugar							
Avoid skipping meals							
Limit excessive caffeine intake							
Eat slowly and mindfully							
Include fruits or vegetables during the day							
Support gut health with balanced nutrition							
Other:							
Other:							
Other:							

### Pain & Protective Sensitization System

Daily Practice	SUN	MON	TUE	WED	THU	FRI	SAT
Stretch tight muscles gently							
Practice slow breathing during pain or tension							
Use grounding skills during physical discomfort							
Move the body safely instead of avoiding movement							
Practice body relaxation exercises							
Reduce physical overexertion							
Notice where stress is stored in the body							
Use heat, stretching, or recovery tools appropriately							
Allow time for physical recovery							
Practice calming thoughts toward the body instead of fear							
Other:							
Other:							
Other:							

<b>Oxidative Stress &amp; Oxidative Overload System</b>							
<b>Daily Practice</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>
Avoid smoking or substance use							
Reduce alcohol intake							
Eat foods rich in nutrients and antioxidants							
Get enough quality sleep							
Manage stress with calming practices							
Spend time outside and away from overstimulation							
Exercise moderately without overtraining							
Allow time for physical and emotional recovery							
Stay hydrated to support cellular health							
Reduce exposure to unnecessary toxins or pollutants							
Other:							
Other:							
Other:							

<b>Cognitive Overload, Burnout &amp; Overstimulation System</b>							
<b>Daily Practice</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>
Take breaks from screens and stimulation							
Limit multitasking when possible							
Spend quiet time without technology							
Reduce social media overload							
Practice mindfulness or focused breathing							
Create a calm environment for the brain							
Focus on one task at a time							
Schedule time for fun and relaxation							
Avoid constantly rushing or overbooking							
Give the brain time to rest and reset daily							
Other:							
Other:							
Other:							