

How to Use This Worksheet

This worksheet is designed to help you move out of stuck emotional states by taking intentional action. Begin by noticing how you feel right now, *low motivation, anxiety, sadness, disconnection, overwhelm, or mental fog*. Then find the section that best matches your current state. Choose one suggested activity, not all of them, and do it as written, even if you don't feel like it. **The goal is not to fix everything or feel instantly better, but to give your nervous system the specific chemical support it is missing.** After completing the activity, pause and notice any *small* shift in energy, clarity, calm, or connection. Use this worksheet repeatedly over time, especially during difficult moments, to build awareness of how action changes how you feel and to strengthen your ability to guide your nervous system intentionally.

Choose a chemical to strengthen based on how you are feeling right now.

1. **Dopamine:** Motivation, Drive, Momentum

(When stuck, apathetic, overwhelmed)

Builds through effort + completion

Activities

- Make a short, achievable to-do list and complete one item
- Set a 10–15 minute timer and start (not finish) a task
- Break a task into steps and check them off
- Organize a small physical space (desk, drawer, bag, closet, car, room)
- Learn a small new skill or fact
- Physical exercise with a clear goal (it's about accomplishment)

Dopamine responds more to *progress* than pleasure.

2. **Serotonin:** Stability, Self-Worth, Calm Confidence

(When low mood, shame, hopelessness are present)

Builds through meaning, rhythm, and self-respect

Activities

- Morning sunlight exposure (10–20 minutes)
- Consistent sleep and wake times
- Gratitude journaling (specific, not generic)
- Completing responsibilities you've been avoiding (builds confidence)
- Time in nature or quiet walking
- Reflecting on values and acting in alignment with them

Serotonin increases when a person feels “in order” with themselves and their environment.

3. **Norepinephrine:** Energy, Focus, Activation

(When foggy, sluggish, depressed, or avoidant)

Builds through challenge and alertness

Activities

- Cold exposure (cold shower, cold face splash, cold air)
- Brisk walking or short cardio bursts
- Deep breathing with emphasis on inhalation
- Starting the day with movement before screen time
- Engaging in time-bound tasks with mild urgency (a challenge)

Too little = lethargy; too much = anxiety. The right dose of difficulty matters.

4. **Oxytocin:** Safety, Bonding, Trust

(When lonely, guarded, disconnected)

Builds through warmth and safe connection

Activities

- Eye contact and attentive listening (creates a feeling of bonding)
- Giving or receiving hugs (consensual)
- Acts of kindness without expectation (to strangers)
- Playing with children or animals
- Vulnerable but contained sharing (story telling)
- Prayer, communal rituals, or spiritual connection

Oxytocin is released through *felt safety*, not forced closeness

5. **Endorphins:** Relief, Resilience, Pain Modulation

(When emotionally or physically overwhelmed)

Builds through exertion and release

Activities

- Laughter (intentionally)
- Intense physical exercise
- Singing, dancing, drumming
- Stretching with breath
- Crying with support
- Creative expression that allows emotional discharge

Endorphins don't solve problems, they make them tolerable.

6. **GABA:** Calm, Inhibition, Nervous System Brakes

(When anxious, ruminating, overstimulated)

Builds through slowing and containment (Regulation)

Activities

- Slow exhale breathing (longer out-breath than in)
- Progressive muscle relaxation
- Restorative yoga
- Reducing sensory input (low light, quiet)
- Repetitive, predictable routines
- Warm showers or baths

GABA supports "I am safe enough right now."

This worksheet is not about doing everything or doing it perfectly. It is about choosing one intentional action that matches what your nervous system needs right now and letting that action do the work. Focus on starting, not fixing. Small, repeated actions create the chemical shifts that lead to real emotional change.

Take a moment to reflect on how you felt after doing the activity. Notice any small changes in your body, mood, or energy. What did you learn about how action affects how you feel? What is one action you would like to continue working on or use again in the future when you feel stuck? What other actions work for you? List them and note which chemical they seem to support.