

## Things that can Dysregulate the nervous system

Dysregulation often happens when your nervous system perceives a threat — real or imagined. This can happen quickly and often without conscious awareness. Here are some common triggers that can dysregulate your system:

- ⚡ Sudden loud noises or overwhelming sensory input.
- 📱 Constant phone notifications or digital overload.
- ! Too many decisions or multitasking without breaks.
- 📅 Lack of routine or unpredictability in your environment.
- 🛌 Poor sleep or irregular sleep patterns.
- ☕ Too much caffeine or skipping meals.
- 🗣️ Stressful or emotionally charged conversations.
- ❓ Ignoring your emotional needs or suppressing feelings.
- 😬 Being around people who feel unsafe or critical.
- 🏃♀️ Moving too fast or being in 'go-go-go' mode all day.
- 📺 Consuming distressing or violent media without pause.
- 😞 Internal pressure — perfectionism, self-criticism, or fear of failure.