

Day 4 Worksheet

Physical Systems

Decode Your Nervous System

In today's session, we examined our physical systems. We explored the key bodily systems that impact our nervous system, as well as the interconnected loop between your mind and body. To help you reflect on how your nervous system impacts your body, I want you to answer these questions below. **But remember**, these questions are not intended as diagnostic.

Energy production

- ☐ Do you suffer with a fatigue-related condition?
- ☐ Do you have less energy than you would expect to for your age?
- ☐ Do you have significant energy dips during the day?
- ☐ Do you struggle to sustain healthy levels of exercise?

Gut / Digestion

- ☐ Do you experience bloating or wind?
- ☐ Do you experience constipation or diarrhoea?
- ☐ Do you have food intolerances or mast cell activation?
- ☐ Do you suffer with brain fog?

Hormones

- ☐ Do you find it hard to switch off?
- ☐ Do you feel tired but wired?
- ☐ Are your monthly cycles out of balance?
- ☐ Do you have low overall energy?
- ☐ Do you have a low sex drive?

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Immune function

- ☐ Do you suffer with consistent colds/flu/infections?
- ☐ Do you suffer with allergies?
- ☐ Do you have long-COVID or another post-viral condition?
- ☐ Do you take longer to bounce back than you should from illness?