

NEI Resilience & Vagal Tone Tracker

Client Name: _____ Date: _____

Purpose of this Tool:

In complex chronic illness, the body often gets stuck in a "Cell Danger Response" (CDR). This tool helps you identify when your nervous system perceives a threat and tracks your progress in signaling "safety" to your brain through Vagus Nerve activation and somatic regulation.

Section 1: The "Biological Threat" Assessment

Check all that apply over the last 48 hours to identify if your Limbic System is "hijacked":

- ☐ **Wired but Tired:** Feeling exhausted but unable to sleep or "turn off" your brain.
- ☐ **Hyper-Sensitivity:** Reacting strongly to smells, lights, sounds, or minor food ingredients.
- ☐ **Digestive Shutdown:** Bloating immediately after eating, constipation, or "heavy" stomach.
- ☐ **Emotional Reactivity:** Feeling easily overwhelmed, irritable, or "on edge" without a clear cause.
- ☐ **Brain Fog:** Difficulty concentrating or feeling "spaced out" (neuro-inflammation).

Section 2: Daily Physiological Regulation Protocol

Commit to at least two "Bottom-Up" safety signals daily. Track your consistency below.

Day	Physiological Sigh (3x)	Vagal Toning (Gargle/Sing)	HRV Score (if using a wearable)	Notes (How did your gut/energy feel?)
Mon	<input type="checkbox"/>	<input type="checkbox"/>	—	
Tue	<input type="checkbox"/>	<input type="checkbox"/>	—	
Wed	<input type="checkbox"/>	<input type="checkbox"/>	—	

Day	Physiological Sigh (3x)	Vagal Toning (Gargle/Sing)	HRV Score (if using a wearable)	Notes (How did your gut/energy feel?)
Thu	<input type="checkbox"/>	<input type="checkbox"/>	—	
Fri	<input type="checkbox"/>	<input type="checkbox"/>	—	
Sat	<input type="checkbox"/>	<input type="checkbox"/>	—	
Sun	<input type="checkbox"/>	<input type="checkbox"/>	—	

Technique Reminders: * **Physiological Sigh:** Two quick inhales through the nose, followed by one long, slow exhale through the mouth. * **Vagal Toning:** 30-60 seconds of vigorous gargling with water or loud humming/chanting to vibrate the vocal cords.

Section 3: Weekly Reflection & Symptom Connection

Total Vagal Exercises Completed (out of 14): ____

1. Observations on Physical Symptoms: Did you notice a shift in your digestion, food reactions, or sleep on the days you practiced regulation?

2. The "Safety" Shift: On a scale of 1-10 (1 being "Constant Threat," 10 being "Deep Safety"), how would you rate your nervous system state this week? ____

3. Breakthrough Moments: Did you experience a moment where you felt "calm but alert" rather than "wired but tired"? What triggered it?

Next Steps for Our Session:

- ☐ Review HRV trends and correlate with inflammatory flares.
 - ☐ Discuss the impact of ACE "blueprints" on current reactivity.
 - ☐ Evaluate if the system is ready to move from **Organize** (Nervous System) to **Target** (Gut/Hormone) protocols.
-

