



A Haven Check-In

A quiet place to orient when your system has been weathered

This is not a task to complete.

It is a pause.

A moment to notice where your nervous system is, without needing it to change.

Move slowly. Skip anything that feels like too much.

Nothing here needs to be done “right.”

Jen Hyatt, LMFT

Licensed Marriage and Family Therapist #99355

www.stormhavenwellness.com | www.thenerdietherapist.com

1. Notice the Weather

Without trying to fix or analyze, simply notice.

What feels loud in your body right now?

What feels braced or on guard?

What feels tired of holding everything together?

You are not looking for clarity.

You are practicing noticing.

2. Name the Strategy

Your nervous system is always responding intelligently to something.

Does your system feel like it is speeding up?

Pulling back or shutting down?

Holding its breath? Staying alert?

Whatever you notice, see if you can meet it with curiosity rather than judgment.

If this response had a job, what might it be trying to protect?

3. Create a Moment of Haven

Choose one small gesture. Smaller than you think is needed.

- Gently place a hand over your heart or chest
- Let your feet press into the floor and notice the support beneath you
- Look around the room and name three solid, steady things you can see

You are not trying to calm yourself.

You are offering your system a cue of safety.

4. Capacity, Not Calm

You do not need to feel calm for healing to be happening.

This work is not about forcing your nervous system into stillness.

It is about building enough room to feel, pause, and return.

Jen Hyatt, LMFT

Licensed Marriage and Family Therapist #99355

www.stormhavenwellness.com | www.thenerdietherapist.com

Capacity grows slowly.
Safety is learned over time.
Nothing here needs to be rushed.

5. A Closing Reminder

A haven is not the absence of storms.
It is a place your nervous system recognizes as safe enough to rest.

You are allowed to go slowly.
You are allowed to need support.

Both can be true.

Disclaimer

This handout is for educational and supportive purposes only and is not a substitute for mental health or medical care.

Nervous system practices may bring up emotional or bodily responses. Please move at your own pace and pause or stop if something feels overwhelming.

If you are experiencing significant distress or feel unsafe, seek support from a licensed mental health professional or appropriate provider.

Storm Haven Counseling & Wellness offers therapy services in California. This handout does not establish a therapeutic relationship.

You are allowed to go slowly. Support is allowed.