
Check Your Battery!

Prioritizing with Purpose Through Nervous System Capacity

Some days the same schedule feels completely manageable. Other days, it can feel like too much.

Often, the difference is not motivation or organization - it is capacity. This workshop uses the familiar idea of a battery to help you notice what is quietly using your energy, check in with what you actually have available, and make more intentional choices about where that energy goes.

Before deciding what deserves your attention, it helps to know what you're working with.

In This Workshop You'll Explore

What's Running in the Background?

Notice the responsibilities, worries, relationships, physical needs, emotions, plans, and even exciting things that may be quietly using nervous system capacity.

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Pause and gather information from your body, mind, and emotional space to get a more honest sense of the capacity you are bringing into the day.

What Are You Carrying?

Look beyond the to-do list and identify the things asking for your time, attention, or emotional energy - including what may have been sitting in the background for a while.

Capacity & Choice

Compare today's battery with what you expect from yourself. Explore ways to adjust the plan, reduce the load, ask for help, build in support, or choose what truly deserves today's energy.

This Workshop Is Helpful For Anyone Who:

- Often feels overwhelmed by everything that needs attention
- Finds themselves pushing through even when their energy is running low
- Carries responsibilities, worries, or emotional demands that are easy to overlook
- Wants a practical way to prioritize with more awareness and less self-judgment

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You'll Leave With:

- A simple way to check in with your nervous system capacity
- Greater awareness of the visible and invisible things using your energy
- A practical way to compare your expectations with the capacity you actually have
- More options for working with today's battery instead of automatically pushing harder
- Small ways to support your nervous system throughout the day

Awareness creates choice.

What are my options?

Supporting Today's Battery

We do not always get to choose the battery we wake up with. But we can make choices about how we care for it. Small moments of support - a breath, a stretch, water, food, a few minutes outside, stepping away from a screen, or connecting with someone or something that helps us settle - can matter when they happen along the way, rather than only after we are completely depleted.

The goal is not to squeeze more productivity out of yourself. It is to notice your capacity, understand what is asking something of you, and make choices that work with your nervous system instead of constantly fighting against it.

Important Note

This workshop is educational in nature and is not intended to provide medical, psychological, or mental health treatment. Participants will be invited to explore nervous system education, reflection, discussion, and gentle somatic practices in a supportive learning environment.

For information about workshop participation, class format, and preparing for class, please see the What to Expect page.

For educational purposes only. This material supports nervous system awareness, self-reflection, and well-being and is not a substitute for medical, mental health, or therapeutic care.