



The 3-Part Nervous System Check-In for Business Owners

A gentle way to steady yourself when business gets overwhelming



The Entrepreneurs' Therapist™

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Running a business often means running on fumes, especially when you're the one holding the vision, the revenue, and everyone else's expectations.

This 3-part check-in isn't a productivity hack. As you probably know by now, that's not how I support you in approaching resilience or mental and emotional wellbeing.

This check-in will support you in coming home to yourself, even briefly, so you can meet the next task (or pause) with more steadiness.

You can use this any time you feel:

- Frazzled, foggy, or flat
- Pulled in too many directions
- Like you're about to cry or snap (or already did)
- That old "what's *wrong* with me?" inner narrative creeping in

Let's pause and re-orient gently.



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1. Soothe

Invitation: to name what's happening, without solving it.

"This is a lot."

"My chest feels tight."

"I'm overwhelmed and overstimulated."

"No wonder I feel this way."

Let the truth be named without needing it to go away.

You might place a hand on your chest or belly. You might not. There's no "right" way to soothe—only what feels honest and doable.



2. Discharge

Invitation: to let some energy move through.

Pick one of the following that feels do-able *right now*:

- Shake out your hands, wrists, or jaw
- Roll your shoulders slowly
- Yawn (or fake one! That often works as much as a "real" yawn.)
- Stand up and sigh as you exhale
- Scribble or a few raw, unfiltered thoughts, then crumple and toss the paper.

The invitation here is to *let go*. Even a 10-second shift can help.



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3. Nourish

Invitation: to offer yourself one small thing that supports you.

With gentle curiosity, ask yourself:

What would feel nourishing—not virtuous—right now?

Then choose one tiny thing. Maybe:

- A sip of water
- A real break (even 2 minutes with no screen)
- Sunlight on your face
- Saying no to something that can wait
- Letting someone know you're struggling
- Reaching for that snack
- Doing the next step *slower* than you think you should

You don't have to earn calm.

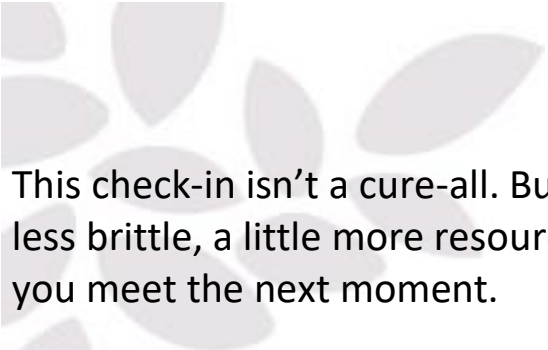
And you don't have to push through.



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This check-in isn't a cure-all. But used regularly, it can help you feel a little less brittle, a little more resourced, and that's often enough to shift how you meet the next moment.

When your nervous system is supported, your business becomes more sustainable.
And so do *you*.

With care,



About the author: Shulamit Ber Levtov, MA, RSW, CFSW (she/her)



I'm The Entrepreneurs' Therapist™ and your Chief Mental Health Officer, the person you hire when you want steady, shame-free support that helps you stay whole as you navigate the real and really messy work of founding and growing a business.

A culture change catalyst who works at the intersection of mental health and entrepreneurship, I have 30+ years of entrepreneurial experience and 24+ years as a professional in the field of mental health and personal growth. Over the years, I've logged thousands of hours supporting hundreds of folks navigating the emotional ups and downs of demanding lives and of business ownership without losing themselves in the process.

I'm masters-level registered social worker, as well as an award-winning entrepreneur with certifications in entrepreneurship development, The Trauma of Money, Financial Social Work, Resilience Coaching and Nonviolent Communication, among many others. In my work, I bring together my lived experience (with mental illness and trauma as well as entrepreneurship) and my professional training, education and expertise in both mental health and entrepreneurship to create an approach that is both compassionate and practical.



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