



Energy Level Tracker

GET TO KNOW YOUR NERVOUS SYSTEM TO BETTER UNDERSTAND YOURSELF.

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(LICENSED UNDER THE GERMAN HEILPRAKTIKERGESETZ)

Hi there! A few words about me to start with:



I'm Melanie, and in my online practice I support people as a psychological counsellor, with a focus on

ADHD coaching, nervous system regulation, and a mindfulness approach that connects body and emotions.

I support neurodivergent adults and anyone seeking more inner balance. As a neurodivergent person myself, I understand both the challenges and the unique strengths that come with a differently wired nervous system.

With the **Energy Level Tracker package**, I've created materials designed to help you better understand yourself. With the tracker, you learn to recognize changes in your energy, become aware of your needs, and manage your energy intentionally.

Through its visual approach, the tracker helps you **turn self-awareness into action**.



MELANIE SCHROEDER
HEILPRAKTIKERIN FÜR PSYCHOTHERAPIE

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NERVOUS SYSTEM *Tracker*



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MY NERVOUS SYSTEM Tracker

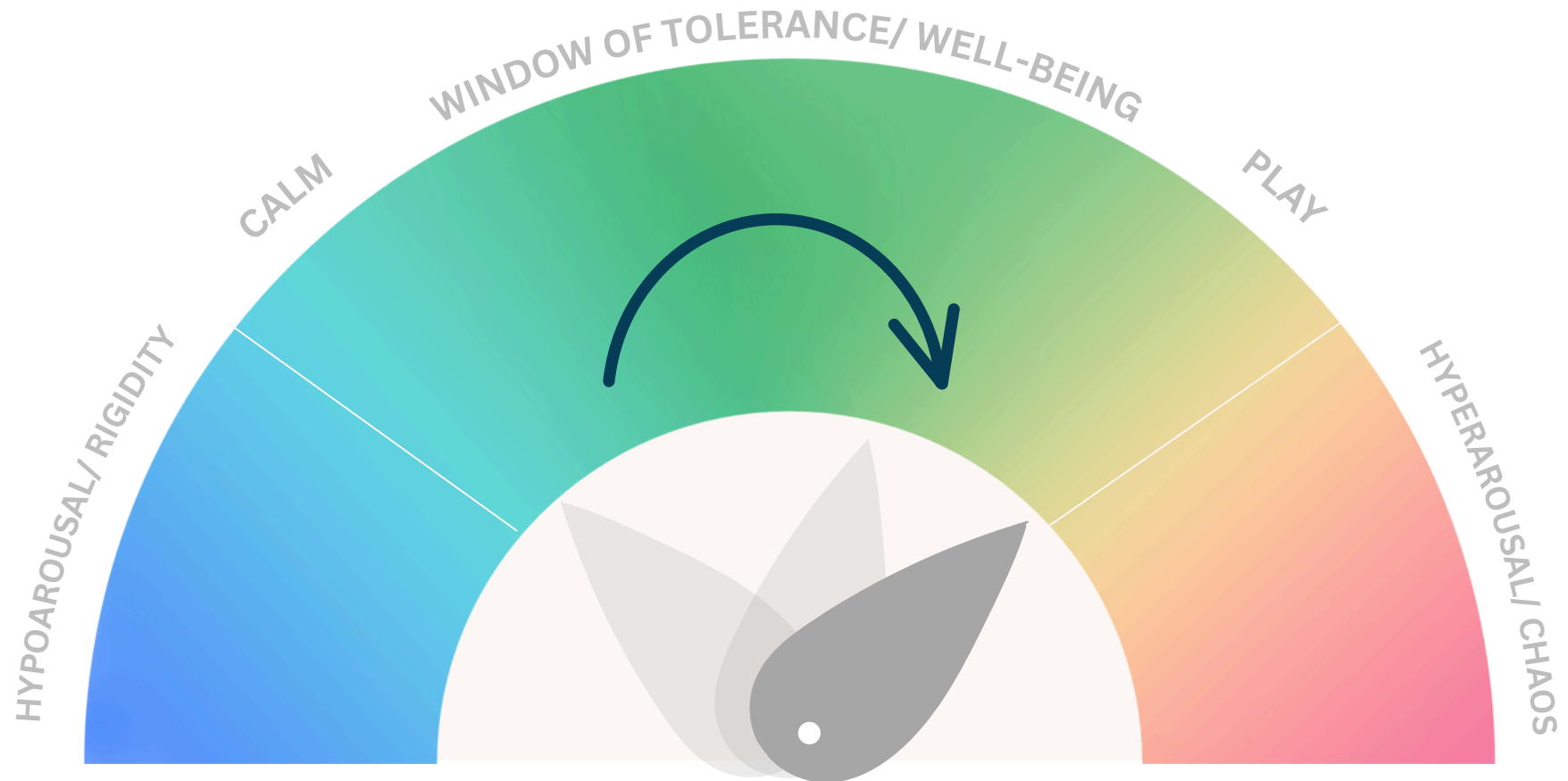


VISUALIZATION | IS MY NERVOUS SYSTEM REGULATED OR NOT?



Short-term goal: find inner balance → return to the “green zone / your window of tolerance”

Long-term goal: build resilience → expand the “green zone / your window of tolerance”



MY NERVOUS SYSTEM Tracker

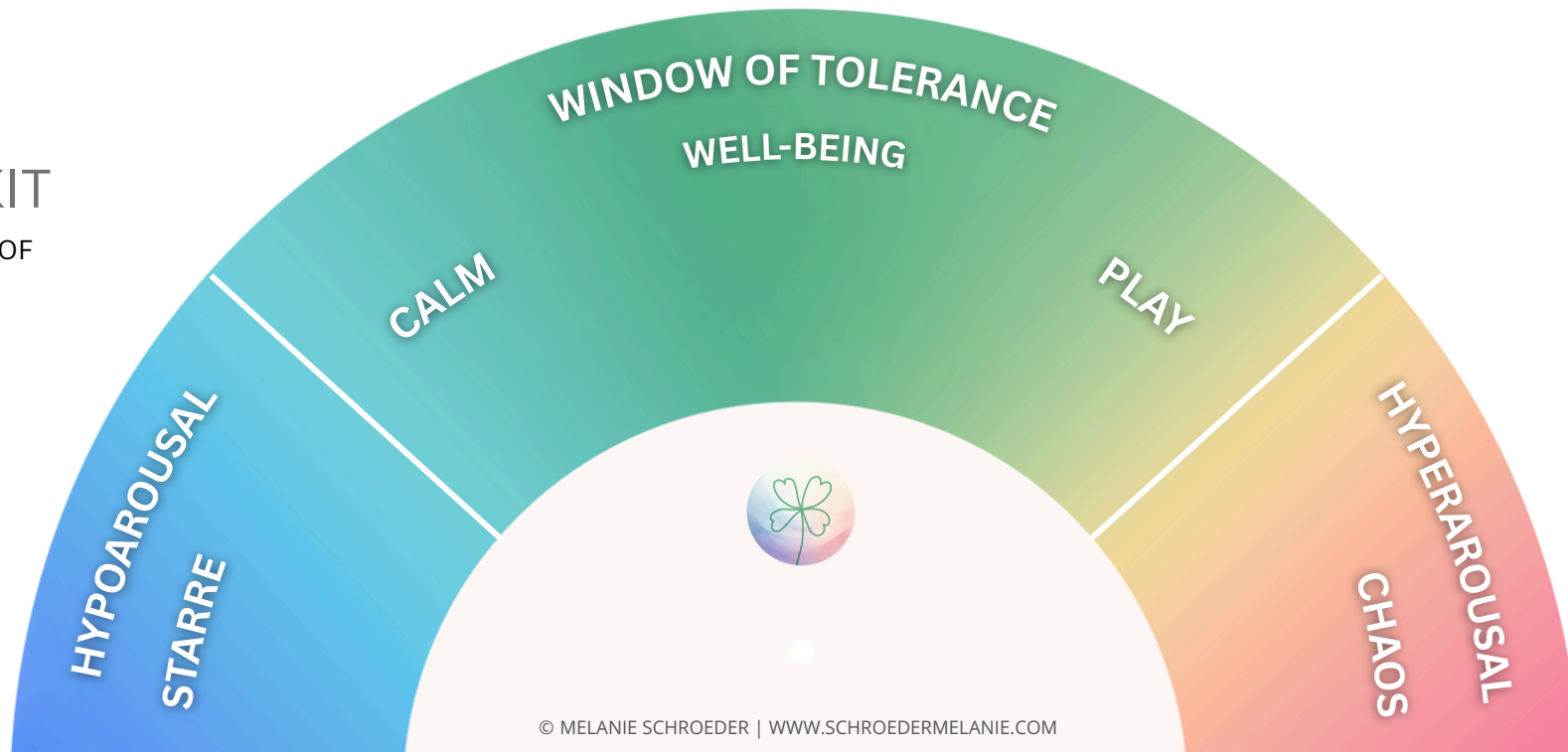


VISUALIZATION | IS MY NERVOUS SYSTEM REGULATED OR NOT?



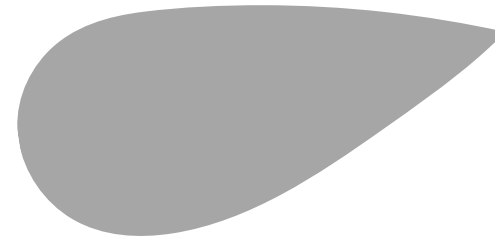
CRAFT KIT

WIDE WINDOW OF TOLERANCE



You need

- glue, scissors, and if necessary a hole punch
- sturdy printer paper or cardstock for mounting
- paper fastener (for attaching the pointer)



MY NERVOUS SYSTEM Tracker

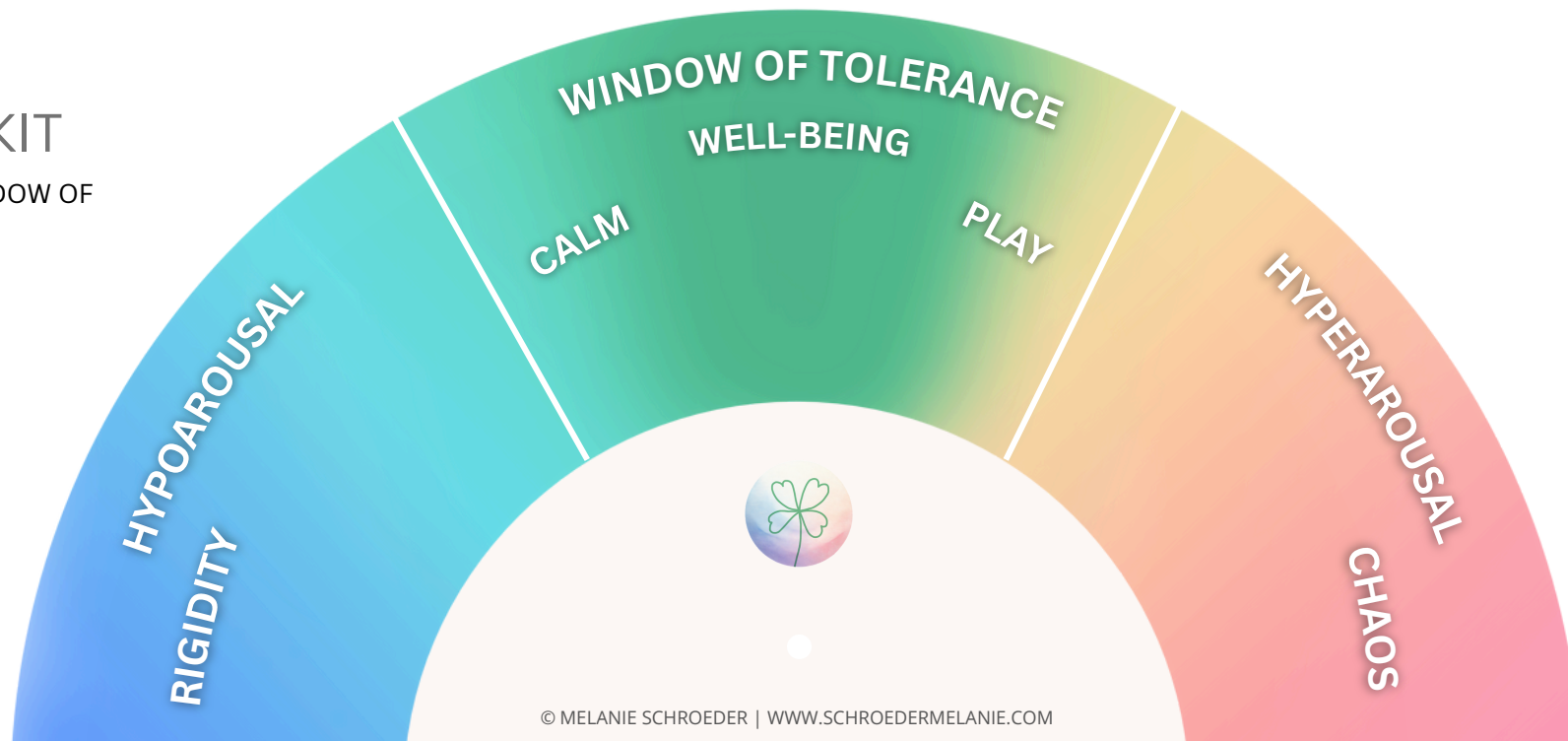


VISUALIZATION | IS MY NERVOUS SYSTEM REGULATED OR NOT?



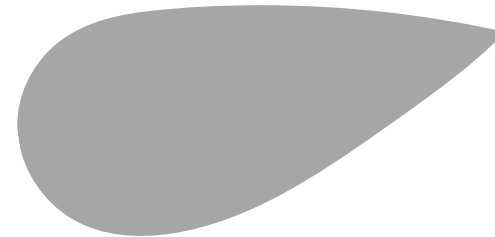
CRAFT KIT

NARROW WINDOW OF TOLERANCE



You need

- glue, scissors, and if necessary a hole punch
- sturdy printer paper or cardstock for mounting
- paper fastener (for attaching the pointer)



Let's stay in touch 😊



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