

NOURISHED NEST

THE CALM SCAN

A 5-MINUTE HOME AWARENESS CHECKLIST

Identify invisible stressors.
Create instant calm.
Support your family's nervous
system — starting today.





WHY A CALM SCAN?

Your nervous system constantly scans your environment, asking one question:
“Am I safe here... or do I need to stay alert?”

Most stress cues at home are invisible.

We don't consciously notice them — but our bodies do.

Tiny things like lighting, clutter, noise, and textures quietly shape whether your family feels grounded... or overwhelmed.

This Calm Scan helps you spot those invisible stressors and make gentle shifts that support regulation — for you and your kids.

You don't need a perfect home.
Just a home that supports calm.

THE CALM SCAN CHECKLIST

•• SEE — VISUAL LOAD

- A surface feels cluttered or unfinished
- Too many competing colors/items in my line of sight
- My eyes feel “busy” when I walk in

Ask: Does this space feel like a to-do list or an exhale?

🔊 HEAR — BACKGROUND NOISE

- Constant hums (fridge, fan, electronics)
- TV/music/noise always running
- Sounds that make my shoulders jump

Ask: What sound would feel more soothing here? Or do I need more quiet?

👃 SMELL — SCENT CUES

- Stale, musty, or “leftover” scents
- Overpowering sprays/candles
- No natural airflow

Ask: Does this scent help me breathe easier — or tense up?

👉 TOUCH — TEXTURES & COMFORT

- Scratchy fabrics
- Seating that makes me tense instead of soften
- Hard edges or cluttered pathways

Ask: Does my body soften when I sit here?

💡 LIGHT — NERVOUS SYSTEM CUES

- Overhead light feels harsh
- Room feels too dim to relax
- No warm-light option

Ask: Does the lighting say “slow down” or “stay alert”?

THREE MICRO-ACTIONS

Choose One Stressor to Shift Today

ADJUST ONE SENSORY CUE

- Swap overhead light → warm lamp
- Crack a window for fresh air
- Lower the background noise
- Clear just one surface

This gives your nervous system a moment of “safe to soften.”

CREATE ONE “ANCHOR SPOT”

A place where your body can exhale:

- Cozy chair
- Soft throw blanket
- Candle or grounding object
- A tray with calming items

Visual cues = emotional cues.

NOTICE WHAT YOUR BODY TELLS YOU

Before + after your shift, ask:

- ✓ Did my shoulders drop?
- ✓ Is my breath deeper?
- ✓ Do I feel more grounded?

Your body always tells the truth first.

Your home doesn't need to be perfect to feel peaceful.
It just needs to support your nervous system — gently and consistently.

This Calm Scan is your first step.
Awareness is where change begins.

If you want support uncovering the subtle triggers you might be missing:

- 👉 Book a free discovery call: www.nourishednest.com
- 👉 Get weekly insights: hello@nourishednest.com
- 👉 Instagram: [@nourishednestdesign](https://www.instagram.com/nourishednestdesign)

You deserve a home that feels like an exhale.
Your kids do too.

