

THE 3N DAILY ATTUNEMENT GUIDE

A 5 DAY NERVOUS SYSTEM PRACTICE



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INTRODUCTION

Daily Attunement is a simple, structured nervous system practice designed to strengthen internal steadiness through small, repeatable moments of awareness.

In developmental psychology, attunement describes the process of accurately sensing and responding to another's emotional state. Over time, this capacity becomes internalised — allowing us to notice and respond to ourselves with regulation and care.

Under chronic stress, many adults lose this internal responsiveness. We override signals, push through fatigue, suppress discomfort, or stay cognitively engaged while disconnected from the body.

The 3N Framework restores that connection in a practical way:

Notice

Name

Nurture

This guide introduces a five-day progression to help you begin integrating this practice into daily life.



This resource is educational in nature and does not replace individual psychological therapy.

THE 3N FRAMEWORK

NOTICE

Pause and observe what is happening in your body

Without analysis

Without correction

Just sensation

NAME

Describe the quality of what you notice

Not necessarily the emotion — simply the felt sense, e.g.

tight/ heavy/ open

NURTURE

Offer a small, respectful response

Not fixing

Not solving

Just adjusting in relationship to what is present

DAY 1

Strengthening notice

Today, focus only on noticing.

Set aside 2 minutes.

Ask:

What sensations are present in my body right now?

Scan slowly:

Jaw/ Shoulders/ Chest/ Abdomen/ Hands

There is nothing to change.

Just observe.

Reflection:

What surprised me about what I noticed?

DAY 2

Naming quality

Today, add the second step:

Notice sensations.

Then gently name the quality.

For example:

“This feels tight.”

“This feels heavy.”

“This feels restless.”

Stay descriptive.

Avoid interpretation.

Reflection:

Did naming the quality shift anything — even slightly?

DAY 3

Matching Nurture

Today, begin responding proportionately.

After noticing and naming, ask:

What would be a small, respectful response to
this state?

Examples:

Lengthen the exhale.

Adjust posture.

Stand and orient visually.

Place a hand somewhere supportive.

Increase light or movement.

Reduce stimulation.

Keep the response small.

Reflection: What happens when I respond rather
than override?

DAY 4

Consolidating

Many adults struggle not with awareness,
but with self-judgment.

Today, after Notice and Name, add a simple
internal statement:

- “Of course this makes sense.”
- “It’s understandable that I feel this way.”
- “I’m allowed to pause.”
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This step strengthens internal safety.

Reflection:

What is my habitual response to discomfort —
compassion or criticism?

DAY 5

Integrating

Today, practice in the middle of daily activity.

Not in quiet space.

Not in ideal conditions.

Pause briefly during:

Work transitions

Before a meeting

After a difficult interaction

Before sleep

Notice.

Name.

Nurture.

Keep it subtle.

Reflection:

How realistic does this feel in everyday life?

WHY SMALL PRACTICES MATTER

Regulation is not built through intensity.
It is built through repetition.

Each time you:

Notice.

Name.

Nurture.

You reinforce an internal pattern of
responsiveness rather than suppression.

Over time, this builds something deeper than
calm. It builds trust.

Trust that your internal state will be
acknowledged and responded to — not
ignored.

CONTINUING THE WORK

If you would like to explore this framework more deeply, I offer a Self-Attunement course that expands the 3N model i to help cultivate self-awareness, nervous system regulation, and a deeper connection with yourself in everyday life.

You are welcome to learn more at:

<https://www.emotionalhealth.co.nz/onlinecourses>

With thanks,

Ngā mihi nui

Carien