



Notice Earlier

My Stress Signals & What Helps

HOW TO USE THIS WORKSHEET

Complete this when you feel relatively calm. Notice patterns without judging them. Your signals may appear in any order, and they may change from one situation to another.

WHAT DO I NOTICE AT EACH STAGE?

Short words or phrases are enough.



SETTLED

My usual signs when I feel steady or connected.

BODY

THOUGHTS + FEELINGS

ACTIONS



BUILDING

Early signs that stress may be increasing.

BODY

THOUGHTS + FEELINGS

ACTIONS



OVERWHELMED

Stronger signs that I may need more support.

BODY

THOUGHTS + FEELINGS

ACTIONS

A STRENGTH I CAN REMEMBER

Something that has helped me move through stressful moments before:



Choose Your Response

Use what fits the moment; a small response still counts.

PAUSE, NOTICE, THEN CHOOSE

You do not need to wait until stress feels overwhelming. Responding to an early sign may make the next step easier.

SITUATIONS THAT TEND TO INCREASE MY STRESS

People, places, demands, memories, changes, or other situations I have noticed:



WHEN STRESS IS BUILDING

Small strategies that may help me feel steadier:



WHEN STRESS FEELS TOO MUCH

What may help me reduce demands or get support:

PEOPLE, PLACES, OR SUPPORTS I CAN CONNECT WITH

Include professional, community, cultural, spiritual, or personal supports that feel right for you.

A COMPASSIONATE REMINDER TO MYSELF

What would I want to remember or hear when things feel difficult?

ONE SMALL STEP I CAN TAKE NEXT

Choose something realistic rather than perfect.