

Know my early signs

Regulation means finding a state that is manageable - not appearing calm for other people.

My early body signs...

Changes in my thoughts, speech or movement...

Common triggers or demand build-up...

What other people may notice...

Match support to the moment

WHEN ACTIVATED: slower breathing, firm pressure, movement, fewer words, cold water or space.

WHEN SHUTTING DOWN: warmth, gentle rhythm, hydration, familiar objects, simple choices or quiet company.

What helps me...

What makes things worse...

Words I want others to use...

My regulation plan

BEFORE: one protective routine or boundary...

DURING: three actions I can access quickly...

AFTER: food, rest, reduced demands and recovery time I may need...

People who can support me...

My reminder: regulation can be gradual, uneven and still worthwhile.
