

Let recovery begin

Shutdown can affect speech, movement, decisions and connection. You do not need to “snap out of it.”

What I can manage right now: yes/no choices, pointing, typing, silence, lying down...

Sensory input to reduce...

One basic need that may have been missed...

Return in tiny steps

Try only what is accessible: sip water; adjust temperature; hold something familiar; listen to a predictable sound; move one part of the body; use a prepared communication card.

The smallest action available to me is...

A no-demand activity is...

I will reassess after ___ minutes.

Protect the recovery window

For the rest of today I can reduce...

Food or drink that is easy and safe...

Words others can use: "There is no rush. You do not have to explain."

What may have contributed...

One change that could reduce future overload...
