SPACE TO BREATHE THERAPY

Overload, Meltdown & Shutdown

01 Recognising my overload

Notice what builds up before you reach your limit.

MY OVERLOAD MAP

Overload may build through many small demands.

What adds to my load?

Think sensory, social, emotional and practical demands.

My earliest warning signs

What changes in my body, thinking or communication?

What helps me notice sooner?

Consider signals, check-ins or trusted observations.

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02 Understanding my responses

Explore your own experience without judgement.

EVERY RESPONSE IS INDIVIDUAL

Meltdown and shutdown are not deliberate choices.

When I feel close to meltdown

What might I notice, feel or find difficult?

When I feel close to shutdown

What happens to my speech, movement or capacity?

What I want others to understand

My responses may look different from someone else's.

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03 My early support signals

Find ways to reduce demands before crisis point.

PREVENTION AND SUPPORT

Earlier adjustments can make a meaningful difference.

My signs that I need a break

What can I recognise or communicate?

What I need others to do

Less talking, space, clear choices, quieter surroundings?

A simple phrase, card or signal I can use

What works when speaking is difficult?

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04 My recovery needs

Plan for safety, reduced demands and gentle recovery.

RECOVERY IS NOT A RACE

Support should respect your preferences and consent.

What helps me feel safer?

People, places, sensory tools or quiet routines.

What makes recovery harder?

Questions, touch, demands, noise or being rushed?

What I need after an episode

Consider rest, food, hydration or time before talking.

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05 My personal support plan

Bring your reflections into one shareable page.

MY NEEDS, MY CHOICES

Share only what feels comfortable and useful.

My key triggers and early signs

The most important things for others to recognise.

Please do / please avoid

Practical ways to support me respectfully.

My recovery plan and trusted contacts

What happens next, and who can help if I choose?