

What helps me when I am overwhelmed

A personal reflection sheet. Fill in one small part when you have space.
Skip anything that does not fit. Your answers can change.

1 I notice I am reaching my limit when...

Examples: words get harder, sounds feel sharper, or I cannot choose what to do first.

2 Things that add to my overwhelm...

Examples: several people talking, sudden changes, or too many tasks at once.

3 Things that help me settle...

Examples: less noise, fewer questions, quiet time, or one clear next step.

4 What I want others to understand...

Examples: I may need time before I can explain what is happening.

A sentence I can use

"I am overwhelmed. I need _____."

A hard moment does not define who you are.

Personal reflection, not a diagnostic tool or treatment plan.

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