My Stress Signals and Grounding Options

A gentle emotional regulation check-in

Stress can feel like agitation, numbness, exhaustion, or something else. Notice without judging or forcing yourself to relax.

TAKE YOUR TIME Notice your current experience. If body awareness feels overwhelming, focus on a neutral object or stop the exercise.

1. **Right now I feel: calm / activated / shut down / mixed / unsure**

2. **What emotions or body cues am I noticing (if any)?**

3. **What is happening around me right now? What feels supportive?**

4. **A grounding option I could try: look around / sit with support / move gently / contact a trusted person**

5. **How did I feel after trying it? It is okay if nothing changed.**

6. **One small act of care I can choose today is...**

EDUCATIONAL SOURCES

Schwartz, A. (2022). Complex Trauma: Create Change with Parts Work, Somatic Psychology and EMDR. PESI. | Kempe, A. (2022). After Self-Betrayal: Strategies to Help Clients Find Their Authentic Selves. PESI.