Feeling overwhelmed?

Have you had a drink of water in the last hour?

Have you eaten something in the last three hours?

Is something bothering me I can do something about? If so, do it now. If not, can I reach out to someone about it?

Have I been outside in the last three hours?

Is there something which normally helps? Petting and animal? Listening to music? If so can I do that?

Have I thought something nice about myself today?

Do I feel disregulated? If so, how can I ground myself?

Have I had enough sleep?

Do I know what helped me last time I was feeling like this?

Have I made enough time for the things I enjoy, if not can I schedule something in?

Actions: _____