

Stoplight Signals

Uncover the signals your mind and body give you when you are feeling well, when you are approaching overwhelm, or when you are in distress.

What are my thoughts, behaviors, and feelings when...

	... I am in distress? What signs indicate that you need to take action to regulate your nervous system?
	... I am in danger of becoming overwhelmed? What are the early indicators that you're reaching the limit of your stress tolerance?
	... I am able to cope? What are signs that the stress you're experiencing is within your window of tolerance?

Self-Care Plan

At times when you are feeling heightened stress it can be difficult to recognize the ways you can seek support. Take some time to write down who and what might be helpful to you in these moments.

Addressing Distress

Who can you contact OR what/where can you turn in order to...

- process or deal with challenging emotions?
- ground yourself and help you care for yourself/your body?
- have fun and get your mind off things?
- feel comfortable and/or safe?
- carry on some of the work while you take a step back?

Transforming Distress

Why is this work important to you?

Why is this work important to the larger Brown community?

Are there activities/projects that can help bring meaning to your experiences?