Know Your Signs

Build a personal warning map. Start with the top row, how you are when you're resourced, so you have something to compare against. Then work down. Use the examples only as a starting point. Your signs might look very different.

ZONE	WHAT I NOTICE IN ME	WHAT OTHERS MIGHT NOTICE	WHAT HELPS IN THIS ZONE
Resourced My baseline. This is me with enough in the tank.	*e.g. I can switch tasks, I enjoy my interests*	*e.g. I reply to messages, I make plans*	*e.g. what keeps me here?*
Running Low The first quiet signs. Easy to brush off.	*e.g. noise bothers me more, I put off small tasks*	*e.g. I'm quieter, I cancel one thing*	*e.g. one demand I could drop this week*
Struggling Signs stack up and last more than a few days.	*e.g. words are hard, basics slip, I shut down*	*e.g. I snap or go silent, I stop answering*	*e.g. who I can tell, what can wait*
Burnout Exhaustion, lost skills and low tolerance settle in.	*e.g. rest doesn't help, things I could do, I can't*	*e.g. I seem "not myself" for weeks*	*e.g. who I contact, what I stop doing*

One person I could share this map with: _____