Low-Demand Regulation Menu

Small ways back toward your window, sorted by how many spoons they take.

In burnout, the usual advice (a workout, a full routine, a night out) can cost more than you have. Start with the cheapest thing that helps. Use your senses as a guide, and cross out anything that doesn't fit you.

	ZERO SPOONS *lying down is fine*	ONE SPOON *small and close by*	TWO SPOONS *a little more energy*
Sound	Earplugs or noise-cancelling headphones	One familiar song or brown noise on repeat	Music that matches your mood, then shifts
Light & sight	Close your eyes; dim the lights	Sunglasses or a cap, even indoors	Watch something slow: water, trees, clouds
Touch & pressure	A heavy blanket or a pile of cushions	Hold something soft, cool or textured	A warm shower or bath
Movement	Lie flat on the floor or bed	Rock, sway, bounce: stim on purpose	A short, slow walk
Temperature & taste	Sip something cold through a straw	Cool water on wrists; a warm drink	A "safe food" snack you don't have to think about
People	Be alone without explaining	Send a pre-written text or one emoji	Quiet company or side-by-side time

When even zero feels like too much: you don't have to do anything. Lying still somewhere quiet counts.

Flooded (too much)? Try less input first.
Offline (too little)? Try gentle warmth and movement.

Spoon theory comes from writer Christine Miserandino ("The Spoon Theory," 2003). Everyone's senses differ: what calms one person can overwhelm another. Nothing here is required. For education, not medical advice.

Make It Yours

Fill in what works for your senses, while you have a little energy to choose.

	ZERO SPOONS *lying down is fine*	ONE SPOON *small and close by*	TWO SPOONS *a little more energy*
Sound			
Light & sight			
Touch & pressure			
Movement			
Temperature & taste			
People			

My go-to when I'm flooded

My go-to when I'm offline

If you're in crisis or thinking about ending your life, please reach out now: in the US, call or text **988**; elsewhere, contact your local emergency or crisis line.