



Tracking My Body's RSD Signals

Why It Matters:

RSD strikes quickly. Mapping your signals helps you catch it earlier and plan support.

Map the Signals: Where do you feel it first?

1 Chest tightness

2 Stomach drop or nausea

3 Shaky hands or legs

4 Throat closing or lump in throat

5 Head pressure or brain fog

6 _____

7 _____

8 _____