

## Noticing Your Signs of Being At Rest

Take a minute and jot down your signs of being at rest. You can focus on thoughts, sensations, feelings, what your body wants to do when you think of or are at rest, and images that come to mind.

**Images**

**Body Sensations**

**Feelings**

**Activities You're Doing**

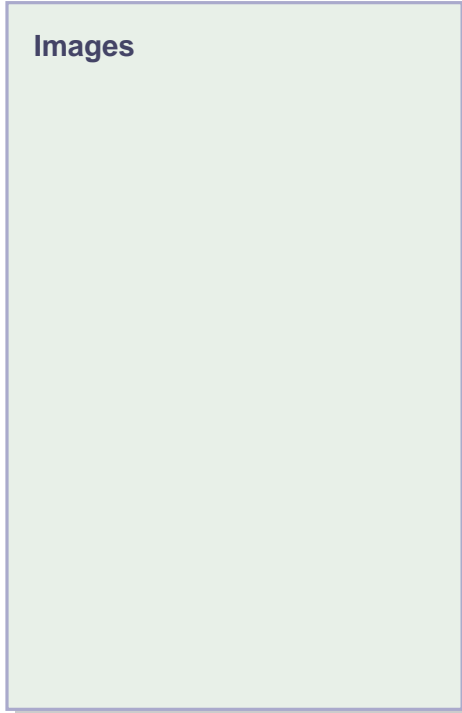
**Thoughts**

**What Your Body Wants to Do**

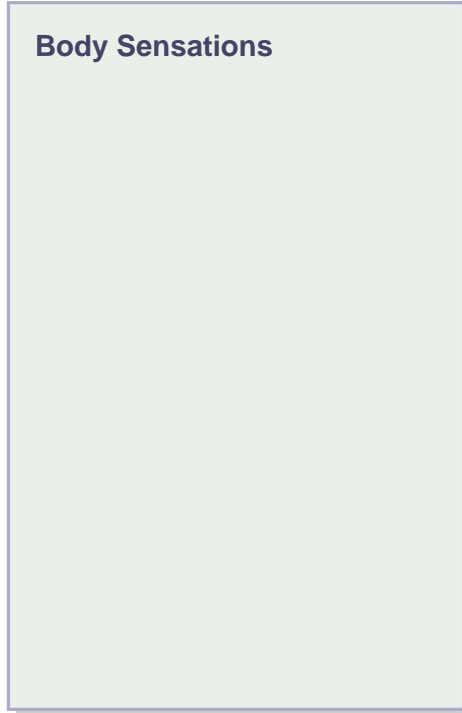
# Noticing Your Signs of Challenge

Take a minute and jot down your signs of being in a challenge. Some key areas to pay attention to are: What are your thoughts, sensations, and feelings in challenge? What does your body feel like doing, and what images come to mind when you think of the challenge state?

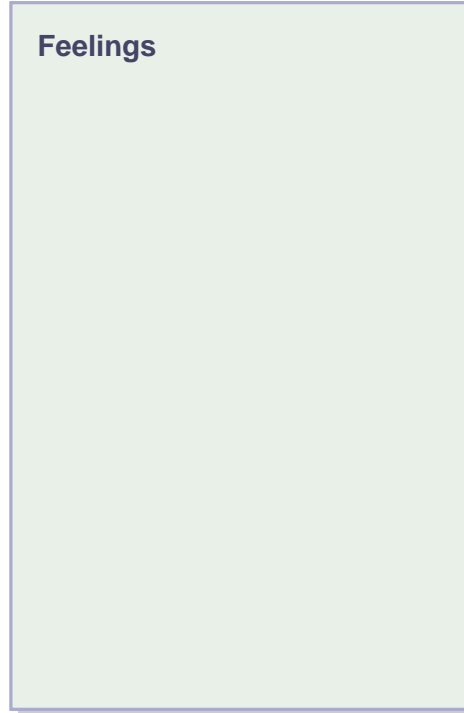
**Images**



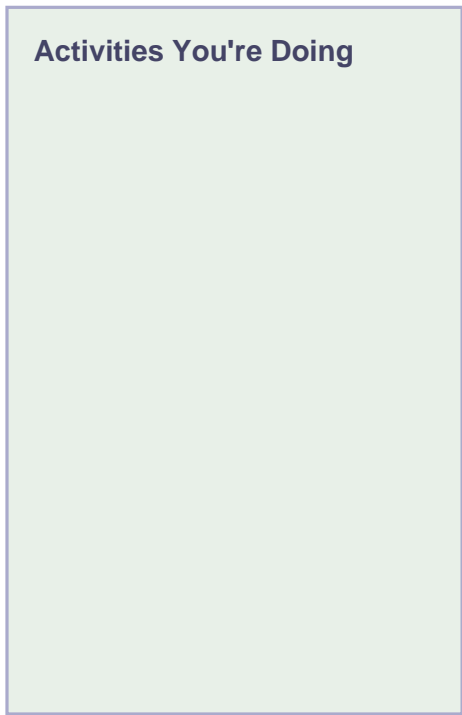
**Body Sensations**



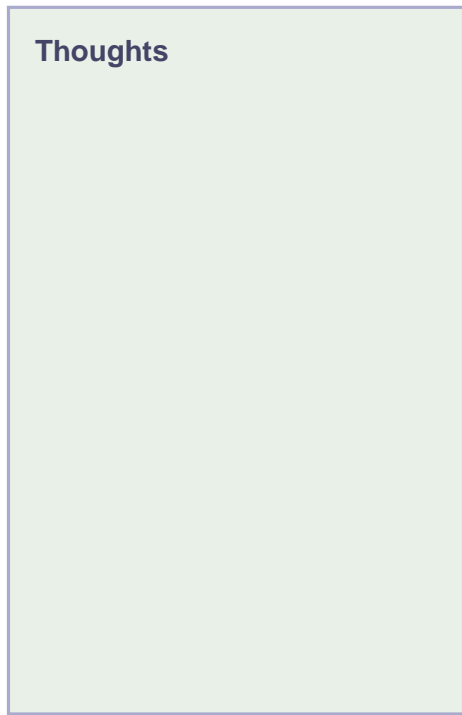
**Feelings**



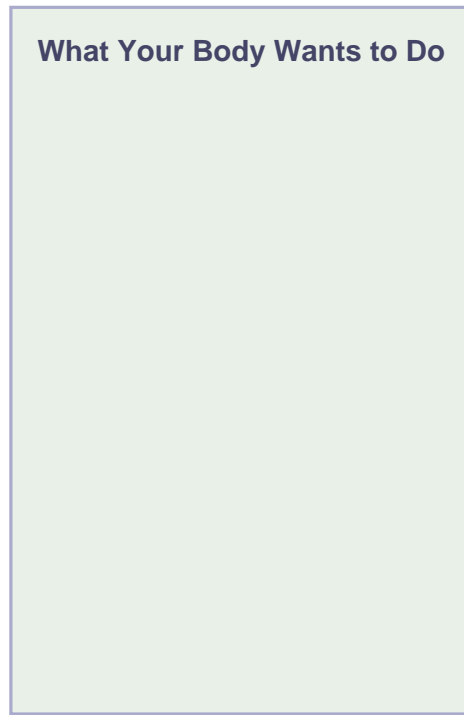
**Activities You're Doing**



**Thoughts**



**What Your Body Wants to Do**



# Noticing Your Signs of Moving from Challenge to Overwhelm

What are some of your signs that you may be tipping from challenge to overwhelm?

**Images**

**Body Sensations**

**Feelings**

**Activities You're Doing**

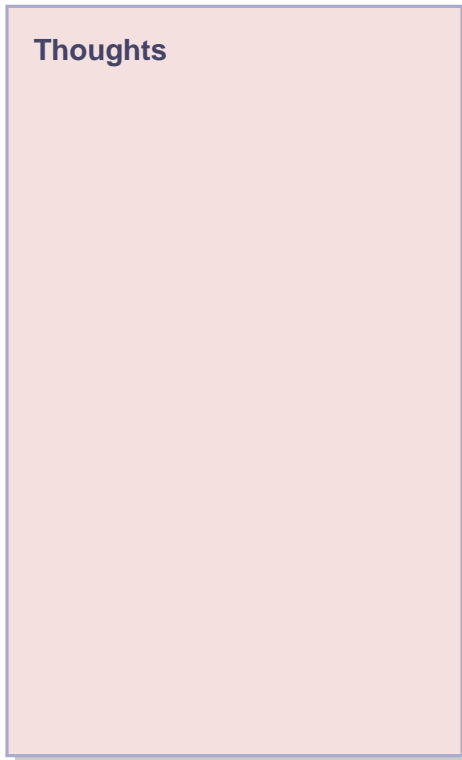
**Thoughts**

**What Your Body Wants to Do**

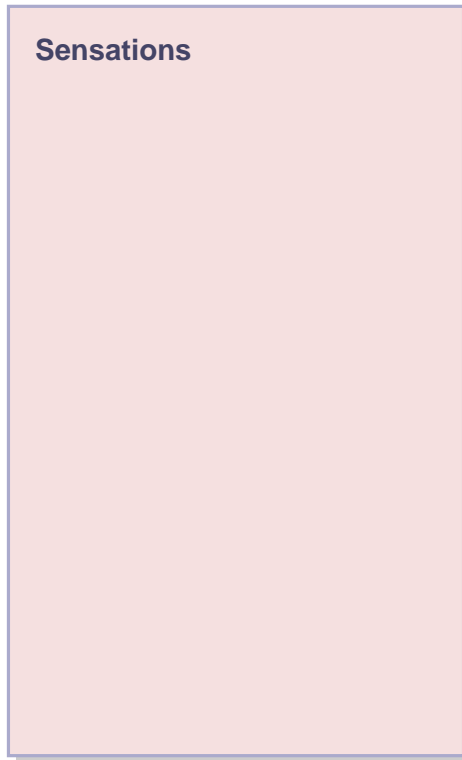
# Noticing Your Signs of Overwhelm

What are some of your signs that you may be in overwhelm?

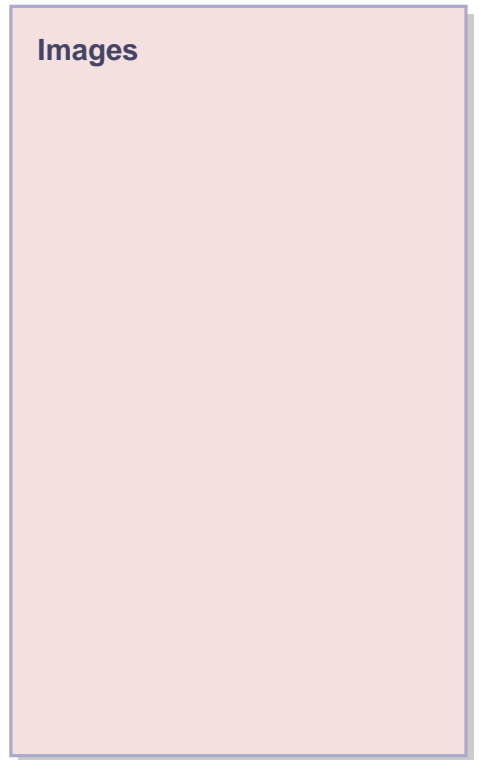
**Thoughts**



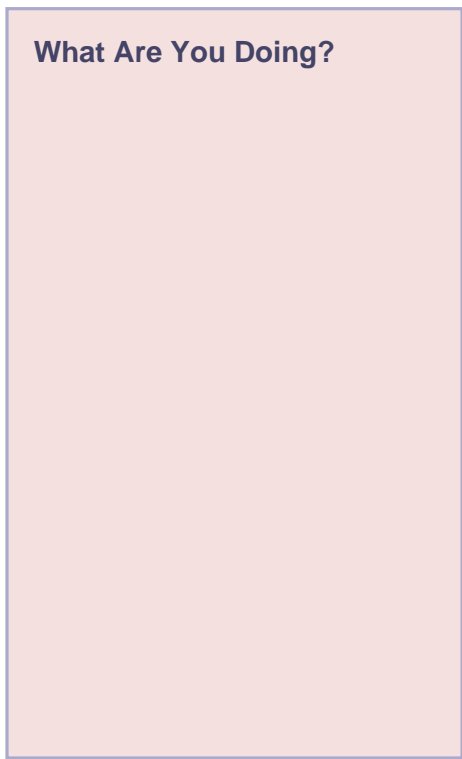
**Sensations**



**Images**



**What Are You Doing?**



**Feelings**



**What Do You Want to Do?**

