

Overwhelm Self Check-in



Evaluate how accurately each statement reflects your current reality.

"Yes" = 2 points, "S" (sometimes) = 1 point, "No" = 0 points.

Yes | S | No

Emotional Signs:

1. I'm feeling unusually irritable or short-tempered.
2. I'm experiencing anxiety or nervousness.
3. I'm feeling sad or depressed without a clear reason.
4. I'm feeling like I'm on the verge of tears.

Physical Signs:

5. I'm having noticeable increase or decrease in energy levels.
6. I'm having difficulty sleeping or feeling fatigued even after resting.
7. I'm experiencing headaches, stomachaches, and/or muscle tension.
8. I'm experiencing changes in appetite (eating more or less than usual).

Mental Signs:

9. I'm having difficulty concentrating or making decisions.
10. I have constant worry and/or negative thoughts.
11. I'm feeling disorganized and/or my thoughts are scattered.
12. I'm forgetting tasks and/or appointments more than usual.

Behavioral Signs:

13. I'm procrastinating or avoiding responsibilities.
14. I'm withdrawing from social interactions.
15. I'm neglecting personal or professional duties.
16. I'm overusing substances like alcohol, caffeine, or other coping mechanisms.

Your Score:

Action Steps if You Check Several 'Yes' Boxes:

- **Take a brief timeout:** Step away from your current activities and give yourself a moment of pause.
- **Breathe deeply:** Perform a few deep breathing exercises to help calm your mind and body.
- **Prioritize tasks:** Look at your to-do list and prioritize tasks that must be done, postponing less critical ones.
- **Seek support:** Talk to a friend, family member, therapist, coach or doctor about how you're feeling.
- **Implement a coping strategy:** Engage in activities that reduce stress (ie., walking, yoga, meditation, coloring, hobby, etc.)

This checklist not only helps in identifying the onset of overwhelm but also encourages proactive steps to manage the situation before it escalates. By regularly using this tool, you can become more attuned to your personal signs of overwhelm and more effective in managing your stress.