

My Meltdown & Shutdown Support Plan



Everyone experiences overwhelm differently.
This is my plan to help me feel safe, supported and understood. ♡

1 SIGNS I MIGHT BE BECOMING OVERWHELMED

These are signs my body and brain might be reaching their limit.

- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____



2 THINGS THAT USUALLY HELP ME

These things can help me feel safe, calm and supported.

- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____



3 THINGS THAT USUALLY DON'T HELP ME

These things can make overwhelm feel worse for me.

- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____



4 AFTERCARE THAT HELPS ME RECOVER

After a meltdown or shutdown, these things help me rest, recover and feel like myself again.

- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____



5 THINGS I'D LIKE OTHERS TO KNOW

These are important things that can help the people around me support me better.

- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____



6 EXTRA NOTES, IDEAS OR DRAWINGS

Use this space for anything else that might be helpful.



My needs are valid. I am allowed to take up space.
I deserve support, understanding and kindness. ♡

