Signs of being overloaded

Your own list of the signs by which you recognise you're going over the edge — before you do.

> The signs differ from person to person and often go unnoticed from the inside. Written down, they become a measure that doesn't swing with your mood. **Ask someone close to you** to fill in the last section — they often see it sooner.

My signs

Body — what appears first (sleep, digestion, tension)

Behaviour — what I stop doing

Relationships — how my tone at home changes

Thoughts — which thought returns when it's too much

What I do when I notice

First measure

Who I tell

What I drop first

What someone close notices

Ask someone to add what they see

For personal use.