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| Levels of stress/distress | Confused personHelpWhat tells you that you are at this level? | Line arrow Vertical U turnWhat steps can you take? | Open handHeartWho supports you at this level? |
| Level Zero (calm, pre distress) | * I can fully focus on what I am doing right now
* I feel fully connected to the people around me
* I’m in a good place to support people around me
* My thinking is clear
* My breathing is steady
* My muscles are relaxed
* I feel safe right now
 | Plan and prepare during this time. Have activities ready for the children when you need to take a moment for yourself.With a clear and calm head, plan and create your tools, strategies, resources that can help you unwind and destress for when you’re feeling like you need them. Fill out this sheet!!! | *Refer to the example worksheet and fill out your own version for level zero to five in each section below.*Who can support me?  |
| Levels of stress/distress | Confused personHelpWhat tells you that you are at this level? | Line arrow Vertical U turnWhat steps can you take? | Open handHeartWho supports you at this level? |
| Level one | * I am a little distracted and cannot fully focus on what I am doing right now
* I feel a little less connected to the people around me
* I’m finding it a little difficult to be so available
* My thinking is a little unclear and fuzzy
* My breathing is a little faster
* I can feel some tightness in my muscles (neck, shoulders, back, hands...)
* I feel a just a little wobbly right now
 | *Refer to the example worksheet and fill out your own version of ‘soothing, ‘safety’ and ‘supportive words’ for level one to five below.****Soothing******Safety******Supportive words*** | In addition to what you’re already doing in level zero, who else supports you at this level? |
| Levels of stress/distress | Confused personHelpWhat tells you that you are at this level? | Line arrow Vertical U turnWhat steps can you take? | Open handHeartWho supports you at this level? |
| Level two | * I am a more distracted and struggle to focus on what I am doing right now
* I feel more disconnected to the people around me
* There are moments where I feel a little impatient and less available to be there for others
* My thinking is fuzzy and I need some space to think clearly
* I can notice I’m breathing more rapidly
* I can feel parts of my body being more tight and stiff
* I feel wobbly right now
 | ***Soothing******Safety******Supportive words*** | In addition to what you’re already doing in level zero and one, who else support you at this level? |
| Levels of stress/distress | Confused personHelpWhat tells you that you are at this level? | Line arrow Vertical U turnWhat steps can you take? | Open handHeartWho supports you at this level? |
| Level three | * I am a more distracted by thoughts & worries and struggle to focus on what I am doing right now, I have to keep bringing myself back to what I am doing.
* I feel even more disconnected to the people around me, and I have to try hard to be there in the moment for others
* I can notice myself feeling impatient and irritable when others need me but I’m not showing it
* My thinking is muddled and it’s hard work to gather my thoughts
* My breathing is faster and I notice it especially when I am talking
* I am really aware that parts of my body are tight and feel uncomfortable
* I feel fragile right now
 | ***Soothing******Safety*****Supportive Words** | In addition to what you’re already doing in level zero to two, who else supports you at this level? |
| Levels of stress/distress | Confused personHelpWhat tells you that you are at this level? | Line arrow Vertical U turnWhat steps can you take? | Open handHeartWho supports you at this level? |
| Level four | * I feel so bombarded by thoughts that it is really hard to pay attention.
* I really have to work really hard to be there for others. I am experiencing others need for support as demands on me.
* I’m find myself sighing and snapping when others ask for my help and support.
* My thinking is muddled and I can’t keep track of what I’m thinking
* My breathing is fast and I have to stop for a second to catch my breath
* I am really aware that parts of my body feel stiff, tight and achy
* I feel like I’m on the edge and I cannot take much more as things are right now
 | **Soothing****Safety****Supportive words** | In addition to what you’re already doing in level zero to three, who else supports you at this level? |
| Levels of stress/distress | Confused personHelpWhat tells you that you are at this level? | Line arrow Vertical U turnWhat steps can you take? | Open handHeartWho supports you at this level? |
| Level five  | * I cannot think and I realise that I am missing what’s happening right now because I’m so caught up in my head.
* I cannot be there for other people. It is too much to help and support others.
* I just can’t deal with any demands
* I just can’t think
* My chest is tight, I’m sweaty, my head is spinning, it feels like I just can’t breathe.
* Everything hurts
* I feel like I’ve got nothing left to give, I’m done, I’m at the end of my tether
 | **Soothing***

**Safety****Supportive words** | In addition to what you’re already doing in level zero to four, who else supports you at this level?Have your ‘emergency’ contact numbers written down here and save them in your phone: |