

Hyper-arousal

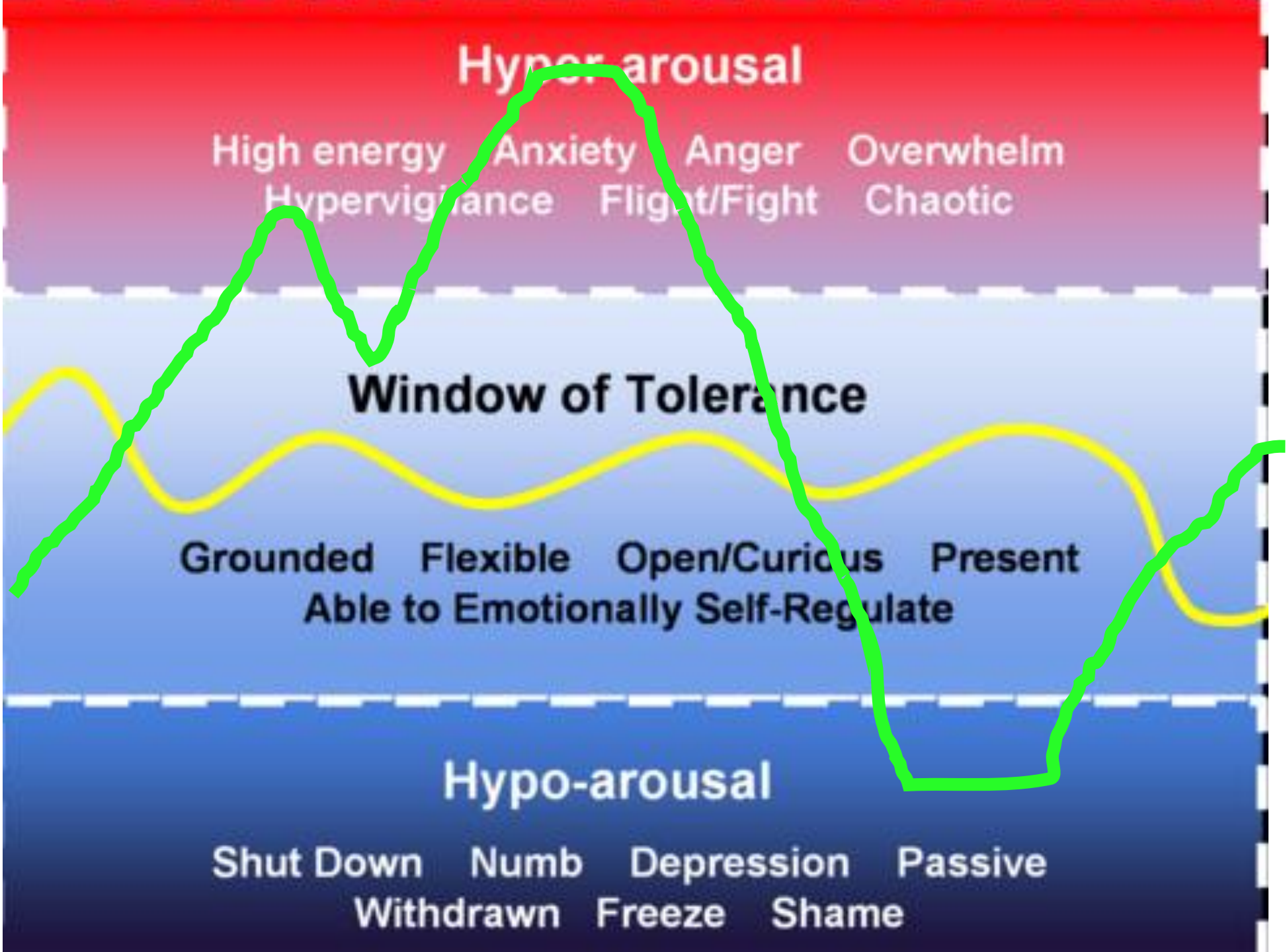
High energy Anxiety Anger Overwhelm
Hypervigilance Flight/Fight Chaotic

Window of Tolerance

Grounded Flexible Open/Curious Present
Able to Emotionally Self-Regulate

Hypo-arousal

Shut Down Numb Depression Passive
Withdrawn Freeze Shame



BEST Check-in. How am I doing IN THIS MOMENT?

Body



- physical self
- what you would tell a doctor
- Eg. energy level, pain, hunger, soreness, tension

Spirit



- spiritual self
- our sense of connection to God, the world, nature, others
- sense of groundedness, presence in this moment
- Eg. grounded, present, lost, searching, disconnected, isolated, connected

Emotion



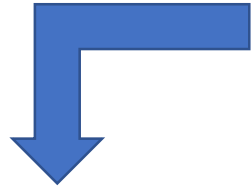
- 'heart' self
- tune into one or two emotions you're holding in this moment
- Eg. anxious, happiness, weariness, grateful, annoyed, content, anger, excitement

Thoughts



- cognitive self
- describe my thoughts/one thought I can 'catch'
- Focused, scattered, racing, jumbled, present, disjointed, anxious

Stressor



What is in my control?

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-
-

What is not in my control?

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-
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Action



Acceptance/Prayer