



Wellness Journal

**My Self-Regulation
Tracking**

K  S  C  S



1. My Early Signs (What I Notice First)

- I start fidgeting a lot
- My heart beats faster
- I can't focus or my thoughts race
- I get quiet or zone out
- I feel grumpy, tired, or overstimulated

Other signs I notice: _____

2. What Helps Me Calm Down

Body:

- Deep breathing
- Stretch or shake out my hands
- Walk or move around



Sensory:

- Listen to music
- Use noise-cancelling headphones
- Hold a fidget or stress ball



Mind:

- Count to 10 slowly
- Repeat a calming phrase
- Watch a funny video or look at pictures I like



Connection:

- Talk to a friend or trusted adult
- Text my support person
- Hug my pet



Other things that help me: _____

3. What Doesn't Help Me

- Arguing with people
- Loud noises or crowded space
- Being told to 'calm down'
- Bright lights
- Sitting still too long

Other things that don't help: _____

4. My Emergency Plan

- Step out of the space (quiet corner, hallway, or outside)
- Do one grounding action (breathe, fidget, hold something cold)
- Text or call my safe person
- Use one 'calm strategy' from my list above
- Check in with a support worker or facilitator



5. My Daily Check-In

Morning:

- Slept well
- Ate something
- Feel okay to start my day



Midday:

- Need a short break
- Feel focused
- Need quiet time

Evening:

- Did something I enjoy
- Feel calm before bed
- Need support



6. My Support People

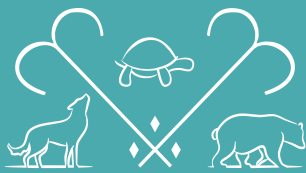
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K S C S

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Community Services

