

• **Tool:** Post-Down Reflection Journal

Use this journal to reflect on a down after it happens. The goal is to identify patterns, assess what worked, and refine your Down Plan for future instances.

1. What triggered the down?

(Think about sensory, emotional, or situational stressors. Was there one specific event or a build-up of triggers?) Example: *Loud noise from construction, lack of sleep, and an overwhelming meeting at work.*

2. What early signs did I notice?

(Reflect on physical, emotional, or cognitive cues that appeared before the full down.) Example: *Feeling shaky, words not coming easily, avoiding eye contact, deep fatigue.*

3. What actions did I take during the down?

(What steps did you try to manage the situation? List what helped and what didn't.)

Example:

- *I put on noise-canceling headphones (helped).*
- *Tried to push through the meeting without a break (didn't help).*

4. What helped me recover afterward?

(List the strategies, tools, or activities that helped you recharge.)

Example:

- *Taking a nap.*
- *Drinking warm tea.*
- *Canceling evening plans to allow more rest.*

5. What can I adjust or refine in my Down Plan?

(What changes can you make to your Down Plan based on this experience?)

Example:

- *Schedule 5-minute breaks during intense meetings.*
- *Carry noise-canceling headphones in my work bag at all times.*
- *Ensure I get at least 7 hours of sleep on nights before big tasks.*

6. Self-Compassion Reminder

Write a kind statement to yourself about what you learned and how you handled this situation. Example: *"It's okay that I needed time to recover. I'm learning what I need, and I'm proud of the steps I took."*
