

Early Stress & Access Narrowing Reflection Sheet

This page is not about fixing behavior.

It's about noticing when demands may be exceeding what their brain can manage right now.

Lately, I've noticed more:

| | |
|--|---|
| <input type="checkbox"/> Irritability or frustration | <input type="checkbox"/> Distress later in the day |
| <input type="checkbox"/> Difficulty with transitions | <input type="checkbox"/> Sensitivity to noise, crowds or activity |
| <input type="checkbox"/> Withdrawal or shutting down | <input type="checkbox"/> Longer recovery time after outings |
| <input type="checkbox"/> Resistance to routines that used to go smoothly | |

Situations That Seem Harder Than Before

- Times of the day that feel harder:
- Places or environments that feel overwhelming:
- Activities that now take more effort:
- Changes that seem small but matter:

What Seems to Help (Even a Little)

| | | |
|--|---|--|
| <input type="checkbox"/> Slower pace | <input type="checkbox"/> Quiet environments | <input type="checkbox"/> Something else: |
| <input type="checkbox"/> Fewer words | <input type="checkbox"/> Sitting nearby | |
| <input type="checkbox"/> Familiar routines | <input type="checkbox"/> Shorter outings | |

Reframe & Permission

Noticing these patterns early doesn't mean things are getting worse faster. It often means you have more options to reduce stress and protect well-being.

You don't need to complete this daily. Use it when something feels different.

