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Publishers

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WHAT MOVES YOU UP AND DOWN

What moves you up	What moves you down







Values and guideposts

A vertical line serves as a central axis. On the left side, there are three arrow-shaped boxes pointing left. On the right side, there are three arrow-shaped boxes pointing right. Each box is intended for writing a value or guidepost.





YOUR SENSORY PROFILE

Sound	
Vision	
Smell	
Taste	
Texture	





YOUR INTEROCEPTIVE PROFILE

Digestion

Pain

Temperature

Energy

Breath





YOUR EXECUTIVE FUNCTION PROFILE

Demand avoidance	
Task initiation/ task switching	
Memory	
Planning	
Hyperfocus	





YOUR PROPRIOCEPTIVE PROFILE

**Spatial
awareness**

Balance

Force

**Fine motor
skills**

Other





YOUR COMMUNICATION PROFILE

Spoken	
Non-spoken	
Social cues	
Masking	
Other	





YOUR EMOTIONAL PROFILE

**Emotional
recognition**

**Rejection
sensitivity**

Empathy

**Emotional
regulation**

Other





YOUR SPIKY PROFILE





SPHERES OF INFLUENCE

Things I can control	
Things I can influence	
Things I can mitigate	
Things I cannot change	





TRIGGERS AND GLIMMERS

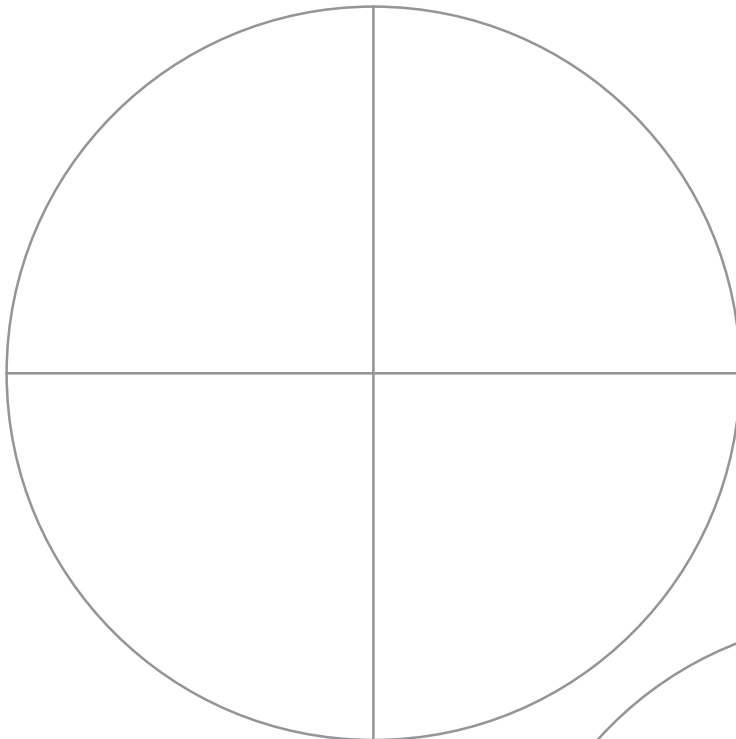
Triggers are those things that can push us down the spiral towards overwhelm. They can cause stress and drain our resources. Glimmers are the opposite. They are things that bring us joy and nourish us, and so help us to move up the spiral towards balance and stability. Can you see where your triggers and glimmers are?

Triggers	Glimmers

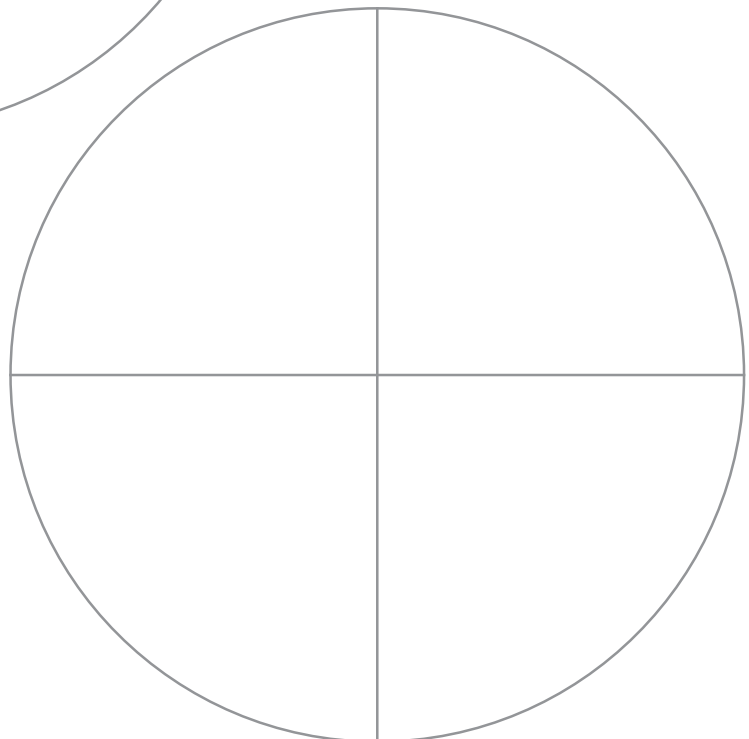


SUSTAINABILITY PLANNER: RESOURCE DIVISION

How might your life look if you were to be guided by the rhythm that works for you? When would you work, socialise, rest, play? Where would you invest your time, energy, finances? You could use this template to think about where you would like your resources to go compared to where they currently are.



How I would like my
.....
to be divided.



How my
.....
is divided now.





SUSTAINABILITY PLANNER: WEEKLY PLANNER 1

Alternatively, you could plan out what an ideal day/week/month may look like if you were attending to all your needs and compare it to how your days/weeks/months look now. Then look at where they already match and where there are differences. What changes could you make to bring them closer together? What barriers are there?

Monday	Tuesday	Wednesday
Barriers and possibilities		







SUSTAINABILITY PLANNER: TIME BLOCKING

	Monday	Tuesday	Wednesday
6am			
7am			
8am			
9am			
10am			
11am			
12pm			
1pm			
2pm			
3pm			
4pm			
5pm			
6pm			
7pm			
8pm			
9pm			
10pm			
11pm			
12am			



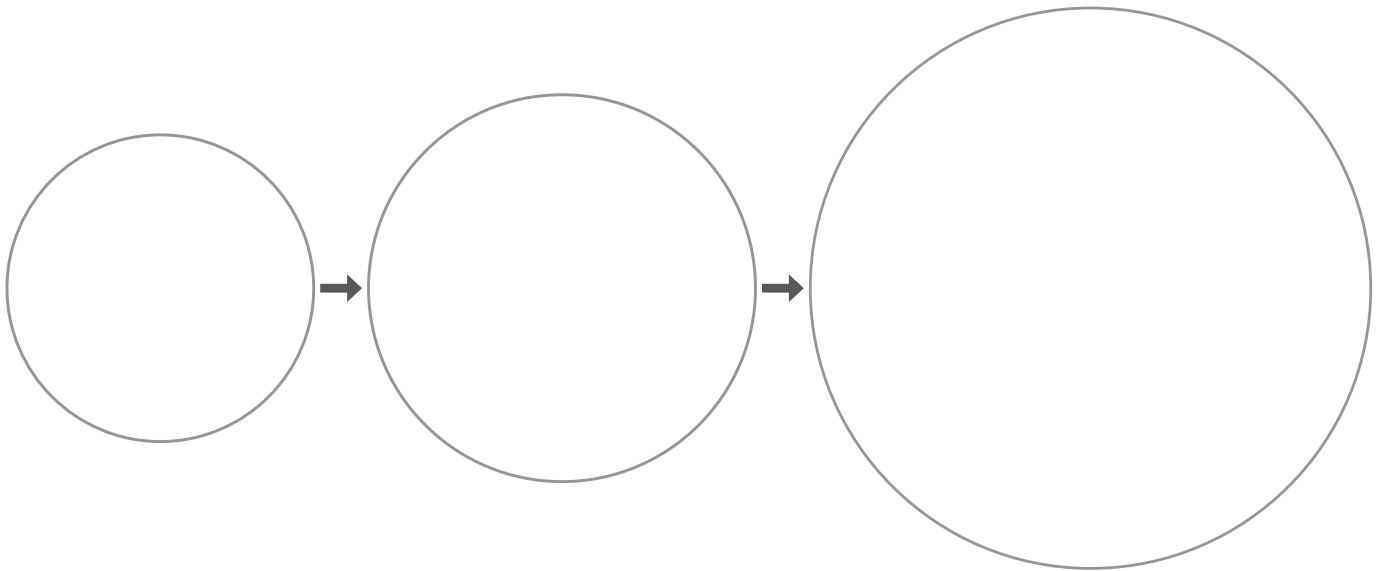




CALIBRATION AND CHANGE

Change can't happen at once and it is rarely a linear process, happening at the same rate in all areas. This can lead to frustration and anger when it doesn't happen in the way we want, at the speed we want. If we don't challenge these expectations, we can end up back on the blame and shame spiral, which just makes growth and change even harder.

What we expect growth to look like:



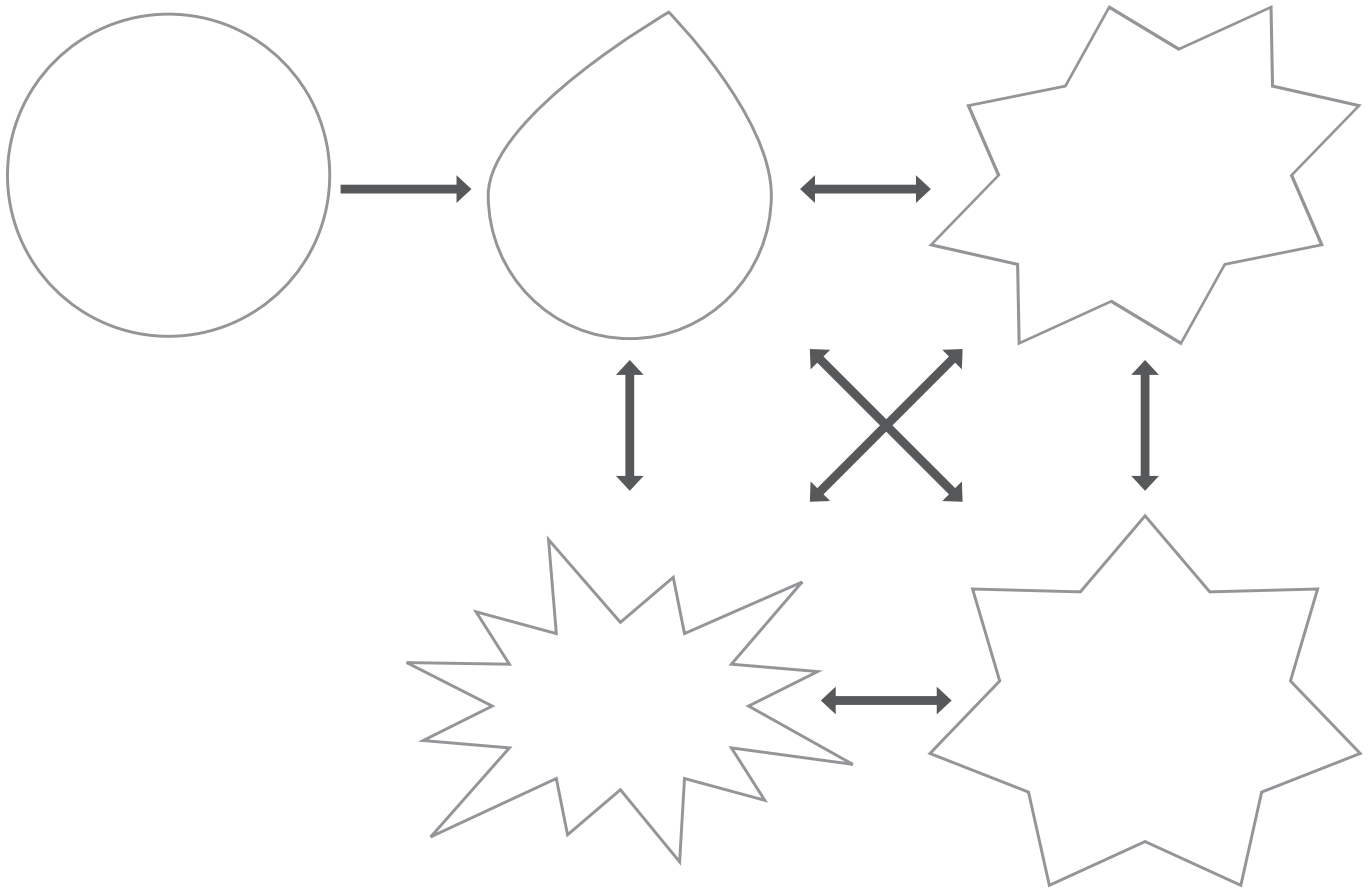
Change is lumpy and happens at different paces in different parts of our lives. (My head is often far ahead of my emotions when it comes to change!) It goes backwards and forwards, as new data is discovered that needs sorting to check whether it is 'good' or not.

Expecting change to be messy, inconsistent and challenging can help us to stick with our long-term goals, rather than letting go of them for short-term relief. It can help to maintain a gentle curiosity and, if possible, to hold any expectations lightly. This allows space for growth and change to happen more authentically, which is ultimately more satisfying than racing towards (what you think) is the desired end point. In reality it is never finished.





What growth actually looks like:





BASIC NEEDS SUPPORT KIT

Food	
Hydration	
Sleep	
Temperature	
Sensory environment	
Helpful connections	





RESOURCING STEPS

When your resources are low, but you've taken care of your basic needs, it can be useful to have some go-to options of things you know will help build capacity so you can start climbing the spiral. These could be activities, places, people, thoughts and focused interests. What are your top three?

1

2

3





THREADS OF COMPASSION

It can be helpful to think of kindness and compassion as the threads that we weave through our lives that help us to stay regulated. They will appear in different ways and at different times, but the more we are able to weave them through our days and weeks, the more likely we are to be able to stay regulated, even when unexpected events unfold.

Even the smallest moments can be an opportunity to weave in these threads. Tea from our favourite mug, taking time to feel the grass under our feet, listening to a favourite song, a smooth pebble we keep in our pocket. Take some time to think about how you can continue to weave these threads into your life.

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DYSREGULATION AND DISTRESS

I've broken the plan down into three sections, each focused on before, during or after a meltdown or shutdown, because I know your needs can change at different points.

BEFORE

Things that increase my chance of dysregulation and/or distress (places, people, demands, sensory needs, transitions, etc.)

What are the signs that I might be moving towards dysregulation and/or distress? (What might I think, feel, say, do? What might others notice?)

If I or someone else notices I am moving towards dysregulation and/or distress, what is helpful? (Things I can do, think or places I can go and things others can do to support me. Also, things it is helpful to not do for me and others around me)





DURING

What happens for me when I am dysregulated and/or distressed? (What does it feel like? What thoughts do I have? What do I do? What might other people notice?)

What is most helpful for me when I am dysregulated and/or distressed? (This can include things that help me to regulate, attending to my sensory needs, basic needs, connection or space, communication, comfort objects, or anything that helps me stay safe and begin to move to a place of regulation)

When I am dysregulated and/or distressed I would like other people to... (things they can do, say or support you to do)





**When I am
dysregulated and/or
distressed I would like
people to not...**

AFTER

**When I start to move
out of dysregulation
and/or distress I will
know because... (What
thoughts, feelings,
actions might you
notice first?)**

**Other people may
notice...**





After dysregulation and/or distress I need... (This can include sensory needs, physical needs, space and/or connection, communication, objects, anything that helps you to stay safe and re-regulate)

I would like other people to... (This could be things to do, say and remember and includes things that you would like them not to do)

