■ Self-Care Menu for Overstimulated Days

(Print this out or save to your phone for quick reference)

1. Quick Sensory Reset (5–10 minutes)

- Step outside for fresh air — notice 3 things you can see, 3 you can hear, 3 you can feel.
- Splash cool water on your face or wrists.
- Close your eyes and take 6 slow, deep breaths.

2. Calming Physical Actions

- Wrap up in a soft blanket.
- Do gentle stretches or yoga poses.
- Sip something warm and soothing (tea, broth, or cocoa).

3. Mind-Quieting Activities

- Listen to calm instrumental music.
- Read a short, uplifting passage from a book.
- Do a simple puzzle or coloring page.

4. Social Energy Protection

- Step into another room to regroup when you feel drained.
- Use a “graceful exit” phrase (e.g., “I’m going to refill my drink”) to take a break from conversation.
- Limit notifications on your phone to avoid extra stimulation.

5. Restorative Alone Time Ideas

- Light a candle and journal your thoughts.
- Take a short nap or lie down in a quiet room.
- Go for a slow walk in a calm environment.

6. End-of-Day Grounding

- Take a warm shower or bath to signal “day’s end” to your body.
- Reflect on one good moment from the day — no matter how small.
- Pray, meditate, or breathe deeply before sleep.