

# EXERCISE: Identify Your Warning Signs

Notice early signals before overwhelm takes over

My early warning signs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

When I notice these signs, I will:

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Who can help me notice or support me:

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Notes:

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Tip: Early awareness gives you more choices.