Overload Traffic Lights

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

Several small demands arrive at once.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Identify personal early signs, pause choices, and support contacts for routine overload.

3. What signals a need to change pace?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.