

Mapping Stress Signals and Supports

Trauma and stabilization | Adults and teens 13+ | 10 to 15 minutes

Recognize personal stress signals and match them with practical supports.

People notice stress in different ways. Identify signals that are familiar to you and supports that fit those signals. This page is an everyday planning tool; it does not require telling the story of a traumatic event.

Describe your own pattern

You might notice faster speech, restlessness, tension, feeling distant, difficulty following a conversation, or wanting to leave. Use your own words and include signs another trusted person might notice. No single pattern is the correct trauma response.

Match support to the signal

Choose responses you can try or request. Examples include a quieter space, a brief movement break, an explanation of what is happening, a supportive voice, or stopping an activity. If a response has made things worse before, record that too.

Early signals I notice in thoughts, actions, or sensations

Signs that tell me I need more support or a pause

Helpful responses matched to those signals

What I want others to avoid and who can help