

It is essential for all caregivers to know when they are at their best (when they are most regulated) and to organize their caregiving work around these times. Take a few minutes to identify when you feel reactive (burned out and unable to give care to others well). As you track these triggers over time you'll notice patterns in your energy flow and states of regulation and dysregulation. Then make a plan to give yourself what you need (fill your own cup) proactively so that you can be the caregiver / partner / friend you were designed to be.

| JOURNAL  |  | LOG                                    | REFLECT   |
|--|--|--|---|
| What are the situations, statements, interactions that catch your attention (when you feel that reactive emotional state firing up)? | What can / do you do to return back to a calm state (regulation)?                | Day / Time and what trigger was hit... | What are the patterns in my dysregulation?<br>(Is there a certain person, circumstance, time of day where I am triggered most?) |
| <i>Ex: "Whining" or listening to what feels like "complaining"</i>   | <i>Ex: Reminding myself that this person is precious and has innate worth...</i> | <i>Ex: Mon / 830a, Tigger#3</i>        | <i>Ex: I realize that working 1x1 with people early in the morning is not when I'm at my best...</i>                            |
|  |  |  |   |
| 1.   |  |  |   |
| 2.   |  |  |   |
| 3.   |  |  |   |
| 4.   |  |  |   |
| 5.   |  |  |   |
| One thing I can do to prioritize my own regulation (meeting my own needs) first:   |  |  |   |

**-R. ALEX COLSTON, LMFT-**

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ADDITIONAL NOTES: