

HYPERAROUSAL

When I'm Above My Window

Noticing activation, and finding my way back down

Hyperarousal is the body's "too much" state: mobilised for fight or flight. It is a protective response, not a failing. This page helps you recognise your own signs, what sets them off, and what helps you settle.

NAME _____ DATE _____

01 What it can look like for me tick what fits

IN MY BODY

- ☐ Racing or pounding heart
- ☐ Fast or shallow breathing
- ☐ Tense jaw, shoulders or fists
- ☐ Feeling hot or sweaty
- ☐ Shaky or restless
- ☐ Churning stomach

Other _____

IN MY MIND

- ☐ Racing thoughts
- ☐ Feeling on edge or jumpy
- ☐ Panic or dread
- ☐ Irritability or anger
- ☐ Hard to think clearly
- ☐ Scanning for threat

Other _____

IN WHAT I DO

- ☐ Snapping or raising my voice
- ☐ Pacing, can't sit still
- ☐ Urge to escape or leave
- ☐ Overworking or controlling
- ☐ Trouble winding down to sleep
- ☐ Reaching for quick relief

Other _____

02 What tends to activate me tick, then add your own

- ☐ Conflict or criticism
- ☐ Feeling rushed or overloaded
- ☐ Uncertainty
- ☐ Reminders of past hurt
- ☐ Noise or crowds
- ☐ Feeling unheard or dismissed
- ☐ Poor sleep
- ☐ Hunger or too much caffeine
- ☐ Feeling out of control

My own triggers...

03 How it builds for me catching it early makes it easier to settle

EARLY SIGNS

the first flicker

BUILDING

getting harder to ignore

PEAK

fully above my window

04 What helps me settle

- ☐ Longer, slower out-breath
- ☐ Grounding through my senses
- ☐ Cool water on face or hands
- ☐ Movement: walk, stretch, shake out
- ☐ Stepping away for a few minutes
- ☐ Turning down noise and light
- ☐ Talking to someone steady
- ☐ Pausing before I respond

My own _____

MY SETTLING PLAN

When I notice...

I will...

If that doesn't help, I'll...

05 Moments I noticed this week

DAY · TIME	WHAT ACTIVATED ME	WHAT I NOTICED	WHAT HELPED	TIME TO SETTLE

If it becomes too much. If distress feels overwhelming, or you are worried about your safety or someone else's, please reach out for support. Your therapist is not an emergency service: in an emergency, contact emergency services or a crisis line.