

# *My Early Warning Signals*

**Purpose:** Help leaders recognise stress **early**, when regulation is easiest.

**1) My most common early warning signals are:**

(choose a few — less is more)

- mental rushing
- impatience
- tightening in jaw / shoulders
- shallow breathing
- loss of curiosity
- urgency
- reduced listening
- distraction
- other: \_\_\_\_\_

**2) These signals usually appear when:**

(e.g. back-to-back meetings, uncertainty, emotional load)

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**3) The signal I most often dismiss or rationalise is:**

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**4) When I notice early signals *and don't respond*, stress usually escalates into:**

- control
- withdrawal
- irritability
- exhaustion
- over-functioning

**5) One early signal I commit to responding to sooner is:**

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*Early signals are not interruptions.  
They're invitations.*