

Tracking your S.U.Ds

1. Early Warning Signs (EWS)

Behavioural		Cognitive		Physiological	
Swearing	Avoidance	Poor concentration	Poor judgement	Sweaty palms	Pins and needles
Yelling	Substance use/abuse	Catastrophising	Pessimism	Racing heart	Dry mouth
Pacing	Leave from work	Obsessive thoughts		Shallow breathing	
Fidgeting		Negative self-talk		Trembling hands	
Clenching fist		Racing thoughts		Dizziness	
Clenching jaw		Mind reading		Nausea	
Difficulties sleeping		Fortune telling		Hot/Cold flashes	

2. EWS Symptom Sequence

List your EWSs (Section 1) in ascending order (i.e. the first sign in row 4). If you require additional space, you may put more than one EWS in each row (i.e. Row 4 = nauseous > shallow breathing)

S.U.Ds Scale	EWS Symptom Sequence
10	
9	
8	
	↑ Things have escalated to the point of distress and your emotions have taken over
7	
6	
5	
4	
	↑ Things have escalated but you're still able to think through your emotions.
3	
2	*There are daily stressors, but they are manageable at this stage
1	

3. Matching EWS Symptoms with Strategies

Write your EWSs (Section 1) in the table below and select some strategies or come up with some of your own.

Category	Symptom	Strategy
Behavioural		Shadow boxing
		Listen to music
		Fingertip-to-tip
		Watch a movie
		Exercise
Cognitive		Get out of the house
		Yoga
		Time with friends
		Fidget spinner
Physiological		Lists
		Journal
		The 5 Senses
		Challenge negative thoughts
		Positive statements
Physiological		Meditation
		Count to 10
		4x4 breathing
		Massage your hand
Physiological		PMR
		Stretch your neck
		Sleep
		Capacity breathing
		Reduce caffeine

Strategies

Behavioural

Shadow Boxing

Take a deep breath in and punch the air in front of you as quickly as you can while you slowly exhale.

Fingertip-to-tip

Starting with your index finger, touch the tip of each of your fingers to your thumb. Repeat this process as many times as necessary.

Exercise

Yoga

Music

Movie

Create a list of feel-good movies that you can turn on in cases where you are feeling overwhelmed/stressed

Get out of the house

Spend time with friends

Cognitive

Lists

Pick a topic and list as many things as you can: colours, movies, celebrities, animals, etc.

The 5 Senses

5 things you can see, 4 things you can hear, 3 things you can touch (pick some things up, touch the fabric of your clothes, etc.), 2 things you can smell, 1 thing you can taste (gum, candy, trail mix)

Positive statements

i.e. "This is uncomfortable, but I know that I can handle it." (see the coping statements handout for more ideas)

Count to 10

Meditation

Journal

Key points on what you're feeling: points of gratitude, points of concern, possible solutions, things to bring to therapy

Challenge Negative Thoughts

"Is this fact or opinion?", "What would I say if this were happening to a friend?", "Is there another perspective?"

Physiological

Breathing Exercise

4x4: Inhale 4sec > hold 4sec > exhale 4sec > hold 4 sec > inhale 4 sec Capacity

Capacity: use the capacity of your lungs to guide your inhale/exhale

Progressive Muscle Relaxation (PMR)

Lie down and get comfortable. Isolating each of your muscle groups moving from your toes and working up to your eyes. Tense and relax each of the muscles individually before tensing and relaxing your whole body.

Sleep

Reduce caffeine

Stretch your neck

Massage your hand

Massage the muscle between your thumb and forefinger (stimulates the release of oxytocin)