

Arrival Signals

SANCTUARY SESSIONS

ARRIVAL SIGNALS Use observable signals: fast thoughts, heavy body, restless body, tight jaw, foggy focus, irritability, hunger, thirst, need to move, need for quiet.

BODY SIGNALS

What shows up physically?

THOUGHT SIGNALS

What happens in my thinking?

BEHAVIOR SIGNALS

What do I start doing or stop doing?

RELATIONSHIP SIGNALS

What changes around other people?

MY EARLIEST USEFUL CUE

Which signal can help me notice sooner?

Input Inventory

SANCTUARY SESSIONS

REDUCE INPUT DIGITAL • SOCIAL • MENTAL • SENSORY • EXPECTATION. What one unnecessary input can you lower?

DIGITAL

What can I lower?

SOCIAL

What can I lower?

MENTAL

What can I lower?

SENSORY

What can I lower?

EXPECTATION

What can I lower?

ONE UNNECESSARY INPUT I CAN REDUCE

Restoration Menu

SANCTUARY SESSIONS

RESTORATION MENU Choose your top TWO needs today. Name one category you use by default even when it is not what you need.

QUIET

MOVEMENT

NOURISHMENT

EXPRESSION

CONNECTION

ORDER

PLAY / PLEASURE

REST

TOP TWO NEEDS TODAY

MY DEFAULT EVEN WHEN IT ISN'T WHAT I NEED

Sanctuary Sampler

SANCTUARY SESSIONS

SANCTUARY SAMPLER Test the restoration need. Afterward: more able to return, less able, or simply different? What did the experiment teach you?

NOTICE

What stands out from this activity?

KEEP IT REAL

What is actually true for me?

CHOOSE

What feels useful rather than performative?

ANCHOR

What do I want to remember?

CARRY FORWARD

What is one small next move?

My Return Recipe

SANCTUARY SESSIONS

MY RETURN RECIPE Build a 2-minute version and a 10-minute version. Low-capacity days need a smaller doorway.

EARLY CUE

WHAT KIND OF RETURN I NEED

2-MINUTE VERSION

10-MINUTE VERSION

LOW-CAPACITY VERSION

HOW I KNOW I CAN RETURN

Early Cue Map

SANCTUARY SESSIONS

EARLY CUE + ANCHOR If exhaustion is the only cue you recognize, Sanctuary always arrives late. Find an earlier body, behavior, environment, or thought cue.

NOTICE

What stands out from this activity?

KEEP IT REAL

What is actually true for me?

CHOOSE

What feels useful rather than performative?

ANCHOR

What do I want to remember?

CARRY FORWARD

What is one small next move?

Sanctuary Return Card

SANCTUARY SESSIONS

LAST SIP WELCOME HOME Tea Leaf • Drop of Hope • Early Cue • Lighthouse Next Step

NOTICE

What stands out from this activity?

KEEP IT REAL

What is actually true for me?

CHOOSE

What feels useful rather than performative?

ANCHOR

What do I want to remember?

CARRY FORWARD

What is one small next move?

Carry Home Cup

SANCTUARY SESSIONS

LAST SIP WELCOME HOME Tea Leaf • Drop of Hope • Early Cue • Lighthouse Next Step

TEA LEAF

What did I notice or learn?

DROP OF HOPE

What feels possible, useful, or worth carrying?

ANCHOR

What do I want to remember when real life gets loud?

LIGHTHOUSE NEXT STEP

What is one small next action?