

Build it on a better day. Run it when the moves aren't enough.

No plan yet? Two lines: what can't be missed, what can wait. Runs until you can think again. Then step back up: section 4.

THE FIRST MOVES when you pull the alarm, in order

- 1 Stop adding what I can choose. Work I can't turn down goes in section 2.
- 2 Open this page and follow it.
- 3 my own first move:

1

### WHEN I PULL THE ALARM

My line, in words a tired me can't argue with.

I pull the alarm when

defaults: the moves stop closing the gap · something that must continue slips · conditions crash

**My early signs · when one shows up, I check my line**

catch-up days · irritability · slipping details · sleep that stops restoring me

If these keep repeating, they're worth mentioning to your clinician too. Not because something is wrong: because they can see what a worksheet can't.

2

### WHAT MUST CONTINUE

Start from your Access Map's center.

**Must continue**

Access Map center · dependents · the covered shift

|                |                  |
|----------------|------------------|
| what continues | reduced standard |
|                |                  |
|                |                  |

**Protecting on purpose**

family dinner · the 1:1s · a real lunch

|                |                  |
|----------------|------------------|
| what continues | reduced standard |
|                |                  |
|                |                  |

The standard can drop. The seat stays.

3

### WHAT WILL WAIT, BE SHARED, OR BE CUT

W wait · S share · C cut: three of the moves.

**Defaults in effect**

☐ no new commitment I can turn down

☐ default answer: not now

☐ auto-reply on · work email stops at

**Waiting, shared, or cut**

inbox · meetings · laundry · social · committees · perfection

|                                   |     |     |     |
|-----------------------------------|-----|-----|-----|
| what                              | W   | S   | C   |
|                                   | (W) | (S) | (C) |
| when · who takes it · who to tell |     |     |     |
|                                   | (W) | (S) | (C) |
| when · who takes it · who to tell |     |     |     |
|                                   | (W) | (S) | (C) |
| when · who takes it · who to tell |     |     |     |
|                                   | (W) | (S) | (C) |
| when · who takes it · who to tell |     |     |     |

authorized to decide without me, and what

4

### STEPPING BACK UP

When I can think again: look at what led here, change what I can, then one thing at a time.

first thing back: then:

**Heads-up, only if someone's expectations change**

|               |                                                                                                                     |
|---------------|---------------------------------------------------------------------------------------------------------------------|
| home          | "I'm running with less Capacity than usual. I'm keeping going, and will wait. I'll let you know when that changes." |
| work, if safe | " is covered by . Could you take ?"                                                                                 |