



Trauma-informed support for survivors rebuilding after abuse

A Gentle Self-Care Checklist

When people are overwhelmed, burnt out or emotionally exhausted, even basic tasks can begin feeling difficult.

Self-care during overwhelm is not about perfection.

It is about creating small moments of safety, regulation, rest and support for a nervous system carrying too much.

This checklist is designed to help identify small supportive actions that may reduce emotional pressure during stressful or overwhelming periods.

You do not need to complete everything.

Small steps still matter.

1. Physical Care

Today, have you:

- ☐ Drunk enough water?
- ☐ Eaten something nourishing?
- ☐ Rested your body at least briefly?
- ☐ Taken medication or supplements you need?
- ☐ Had some fresh air or movement?
- ☐ Allowed yourself physical rest without guilt?

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hello@weareunmuted.co.uk

Registered Address: c/o RISC, 35-39 London Street, Reading, RG1 4PS

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2. Nervous System Support

Have you:

- ☐ Reduced noise or overstimulation where possible?
- ☐ Taken breaks before reaching complete exhaustion?
- ☐ Allowed yourself quiet time?
- ☐ Stepped away from emotionally draining interactions?
- ☐ Given yourself permission to slow down?
- ☐ Noticed signs your nervous system feels overloaded?

3. Emotional Wellbeing

Have you:

- ☐ Spoken to yourself with compassion rather than criticism?
- ☐ Allowed yourself to feel emotions without judgement?
- ☐ Avoided pressuring yourself to “push through” everything?
- ☐ Spent time with emotionally safe people?
- ☐ Taken space from situations increasing anxiety or overwhelm?
- ☐ Reminded yourself that struggling does not mean failing?

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4. Practical Support

Have you:

- ☐ Broken tasks into smaller steps?
- ☐ Asked for support where needed?
- ☐ Allowed yourself to postpone non-urgent tasks?
- ☐ Focused on essentials rather than perfection?
- ☐ Reduced unrealistic expectations today?
- ☐ Recognised that surviving difficult periods takes energy?

5. Rest & Recovery

Have you:

- ☐ Allowed yourself moments of rest without needing to “earn” them?
- ☐ Taken breaks from constant productivity?
- ☐ Reduced emotional or sensory overload where possible?
- ☐ Given yourself permission to recover slowly?
- ☐ Recognised signs of burnout or emotional exhaustion?
- ☐ Remembered that recovery is not laziness?

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Reflection

Overwhelm can affect:

- Concentration
- Motivation
- Emotional regulation
- Nervous system safety
- Physical energy
- Self-care routines

Many people become highly self-critical during periods of burnout or emotional stress.

Small supportive actions still count, even when life feels heavy.

Important Reminder

You do not need to reach breaking point before deserving rest, support or compassion.

Your wellbeing matters.

Support & Further Resources

Healing and recovery often begin through small moments of care, safety and support.

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Turning silence into understanding through lived experience.

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