



HEADSTRONG CO.

The Headstrong Practice Pages

Pattern Maps, resets and a 7-day check-in
your free, printable companion to the Headstrong Workplace Wellbeing
Guide

Come back to these pages whenever you need them.

Print them, save them, or fill them in on screen.

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The learning matters. What changes things is noticing your own pattern and practising a different response.

THIS GUIDE IS MEANT TO BE USED

Come back to these pages. Write in them. Notice what changes. Use the check-ins on ordinary days, not only difficult ones. You do not need to wait until you are overwhelmed to regulate.

UNDERSTAND IT → NOTICE IT → REGULATE IT → REFLECT ON IT → PRACTISE IT

My Workplace Pattern Map

Use this after a moment that stayed with you — a conversation, meeting, deadline, mistake or change in tone.

What happened?

What did my body do first?

What story did my brain attach to it?

What did I feel the urge to do?

- | | | | |
|---------------------------------|----------------------------------|--------------------------------|---------------------------------------|
| ☐ Defend | ☐ Explain | ☐ Fix | ☐ Withdraw |
| ☐ Please | ☐ Prove | ☐ Avoid | ☐ Take control |

What was I trying to protect?

- | | | | |
|-------------------------------------|------------------------------------|-------------------------------------|---|
| ☐ Competence | ☐ Belonging | ☐ Reputation | ☐ Control |
| ☐ Safety | ☐ Approval | ☐ Energy | ☐ Something else |

What did that response give me in the moment?

What might it cost me if it becomes my default?

What did I actually need?

What could a more regulated response look like next time?

HEADSTRONG REMINDER

The aim is not to judge the reaction. The aim is to understand it early enough that you have more choice next time.

The 60-Second Workplace Reset

A small reset for the moment between activation and response.

1. NOTICE

What has changed in my body? Tight chest? Fast speech? Heat? Blank mind? Urge to fix, defend or disappear?

2. EXHALE

Breathe in gently. Let the exhale be a little longer. Repeat two or three times without forcing it.

3. GROUND

Feel both feet. Drop your shoulders. Unclench your jaw. Look at what is actually around you.

4. ORIENT

Ask: What is actually happening right now — and what is my nervous system predicting?

5. CHOOSE

What is the smallest steady response available to me? Pause, ask a question, request time, clarify, or respond simply.

My quickest signs that I need this reset are:

The regulated sentence I want to remember is:

Before the Meeting / Difficult Conversation

☐ I know what I need to communicate

☐ I have slowed my breathing

☐ I can tolerate a pause

☐ I know what is actually being asked of me

☐ My feet are grounded

☐ I do not need to over-explain to be understood

What am I worried might happen?

What is fact — and what is prediction?

What do I want to say clearly?

If I become activated, my pause sentence will be:

TRY

“Can I take a moment to think about that?” • “I want to answer that properly — let me slow down.” •
“Can we clarify what we are trying to resolve?”

After a Difficult Conversation

Completion matters. The conversation may be over while your body is still responding.

What happened — without replaying every detail?

What am I still carrying in my body?

What do I need now: regulation, clarity, repair, support or simply time?

Is there anything I genuinely need to return to?

What can I let go of for today?

CLOSE THE LOOP

Stand up. Move. Exhale. Get a drink. Step outside if you can. Give your body a clear signal that the difficult moment has ended.

The Capacity Check — Before I Say Yes

What am I being asked to take on?

Is anything outside work already using up my capacity today?

Do I have practical capacity for this?

Do I have emotional capacity for this?

If I say yes, what will I need to move, delay or give up?

What am I afraid saying no / not yet might mean about me?

Is my yes coming from:

- | | |
|--|--|
| ☐ Capacity | ☐ Choice |
| ☐ Role responsibility | ☐ Fear of disappointing |
| ☐ Need for approval | ☐ Need to prove myself |
| ☐ Habit / automatic yes | |

A more intentional response could be:

USEFUL SENTENCE

“Let me check my current workload and come back to you.” You do not have to make capacity decisions while activated.

When Work Comes Home in My Head

What am I replaying?

Is there an action I can take now?

If NO, what does my brain seem to be trying to solve?

What belongs to tomorrow rather than tonight?

What would help my body recognise that work has finished?

- ☐ Change clothes
- ☐ Shower
- ☐ Food / drink
- ☐ Write it down
- ☐ Talk to someone

- ☐ Walk / movement
- ☐ Music
- ☐ Fresh air
- ☐ Phone away
- ☐ Quiet

My end-of-work ritual will be:

HEADSTRONG REMINDER

Switching off is not always a thought problem. Sometimes your body has not yet received the message that the demand has ended.

My Personal Regulation Plan

You are not trying to become unaffected by pressure. You are learning how to find your way back.

I know I am becoming activated when my BODY does:

My THOUGHTS tend to sound like:

My BEHAVIOUR tends to become:

My most common workplace pattern is:

- | | |
|---|--|
| ☐ Fight / defend | ☐ Flight / rush |
| ☐ Freeze / shut down | ☐ Please / fawn |
| ☐ Overwork / prove | ☐ Avoid / delay |

Things that help me regulate quickly:

People I feel safest approaching:

A boundary I need when I am overloaded:

What I need colleagues / managers to understand about me under pressure:

What's going on outside work right now that affects my capacity (sleep, caring for someone, health, money, relationships)?

My early warning sign that tells me to stop pushing through:

One thing I want to practise for the next month:

Headstrong Daily Regulation Check-In — Day 1

Use this on ordinary days too — regulation is easier to build before overwhelm.

My energy today 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

My stress / activation 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

My nervous system feels

☐ Settled ☐ Activated / on edge ☐ Shut down / flat ☐ In between

What I need more of today

☐ Space ☐ Clarity ☐ Support ☐ Movement ☐ Rest ☐ Connection ☐ A boundary

Where am I noticing stress in my body?

☐ Jaw

☐ Chest

☐ Shoulders

☐ Stomach

☐ Head

☐ Restlessness

☐ Fatigue

☐ Other

What am I carrying into work today?

One thing I can do to support myself today:

End-Of-Day Reset

What activated me today?

What helped me come back?

What am I leaving at work rather than carrying home?

Headstrong Daily Regulation Check-In — Day 2

Use this on ordinary days too — regulation is easier to build before overwhelm.

My energy today 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

My stress / activation 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

My nervous system feels

☐ Settled ☐ Activated / on edge ☐ Shut down / flat ☐ In between

What I need more of today

☐ Space ☐ Clarity ☐ Support ☐ Movement ☐ Rest ☐ Connection ☐ A boundary

Where am I noticing stress in my body?

☐ Jaw

☐ Chest

☐ Shoulders

☐ Stomach

☐ Head

☐ Restlessness

☐ Fatigue

☐ Other

What am I carrying into work today?

One thing I can do to support myself today:

End-Of-Day Reset

What activated me today?

What helped me come back?

What am I leaving at work rather than carrying home?

Headstrong Daily Regulation Check-In — Day 3

Use this on ordinary days too — regulation is easier to build before overwhelm.

My energy today 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

My stress / activation 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

My nervous system feels

☐ Settled ☐ Activated / on edge ☐ Shut down / flat ☐ In between

What I need more of today

☐ Space ☐ Clarity ☐ Support ☐ Movement ☐ Rest ☐ Connection ☐ A boundary

Where am I noticing stress in my body?

☐ Jaw

☐ Chest

☐ Shoulders

☐ Stomach

☐ Head

☐ Restlessness

☐ Fatigue

☐ Other

What am I carrying into work today?

One thing I can do to support myself today:

End-Of-Day Reset

What activated me today?

What helped me come back?

What am I leaving at work rather than carrying home?

Headstrong Daily Regulation Check-In — Day 4

Use this on ordinary days too — regulation is easier to build before overwhelm.

My energy today 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

My stress / activation 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

My nervous system feels

☐ Settled ☐ Activated / on edge ☐ Shut down / flat ☐ In between

What I need more of today

☐ Space ☐ Clarity ☐ Support ☐ Movement ☐ Rest ☐ Connection ☐ A boundary

Where am I noticing stress in my body?

☐ Jaw

☐ Chest

☐ Shoulders

☐ Stomach

☐ Head

☐ Restlessness

☐ Fatigue

☐ Other

What am I carrying into work today?

One thing I can do to support myself today:

End-Of-Day Reset

What activated me today?

What helped me come back?

What am I leaving at work rather than carrying home?

Headstrong Daily Regulation Check-In — Day 5

Use this on ordinary days too — regulation is easier to build before overwhelm.

My energy today 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

My stress / activation 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

My nervous system feels

☐ Settled ☐ Activated / on edge ☐ Shut down / flat ☐ In between

What I need more of today

☐ Space ☐ Clarity ☐ Support ☐ Movement ☐ Rest ☐ Connection ☐ A boundary

Where am I noticing stress in my body?

☐ Jaw

☐ Chest

☐ Shoulders

☐ Stomach

☐ Head

☐ Restlessness

☐ Fatigue

☐ Other

What am I carrying into work today?

One thing I can do to support myself today:

End-Of-Day Reset

What activated me today?

What helped me come back?

What am I leaving at work rather than carrying home?

Headstrong Daily Regulation Check-In — Day 6

Use this on ordinary days too — regulation is easier to build before overwhelm.

My energy today 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

My stress / activation 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

My nervous system feels

☐ Settled ☐ Activated / on edge ☐ Shut down / flat ☐ In between

What I need more of today

☐ Space ☐ Clarity ☐ Support ☐ Movement ☐ Rest ☐ Connection ☐ A boundary

Where am I noticing stress in my body?

☐ Jaw

☐ Chest

☐ Shoulders

☐ Stomach

☐ Head

☐ Restlessness

☐ Fatigue

☐ Other

What am I carrying into work today?

One thing I can do to support myself today:

End-Of-Day Reset

What activated me today?

What helped me come back?

What am I leaving at work rather than carrying home?

Headstrong Daily Regulation Check-In — Day 7

Use this on ordinary days too — regulation is easier to build before overwhelm.

My energy today 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

My stress / activation 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

My nervous system feels

☐ Settled ☐ Activated / on edge ☐ Shut down / flat ☐ In between

What I need more of today

☐ Space ☐ Clarity ☐ Support ☐ Movement ☐ Rest ☐ Connection ☐ A boundary

Where am I noticing stress in my body?

☐ Jaw

☐ Chest

☐ Shoulders

☐ Stomach

☐ Head

☐ Restlessness

☐ Fatigue

☐ Other

What am I carrying into work today?

One thing I can do to support myself today:

End-Of-Day Reset

What activated me today?

What helped me come back?

What am I leaving at work rather than carrying home?

Weekly Integration — What Am I Learning About Myself?

The situation that activated me most this week was:

The earliest sign I noticed was:

My usual pattern was:

One moment I responded differently was:

What helped?

Where did I override my capacity?

What do I want to practise next week?

PROGRESS IS NOT 'I NEVER GET STRESSED'

Progress can look like noticing five minutes earlier, recovering more quickly, saying one clear sentence, asking for time, or not carrying the whole day home.