



Traffic Light Check-In

Autonomic state awareness log

3 times daily (morning, midday, evening)

How to use this log: Three times a day, pause and notice your body. Mark the color that best matches your state right now, note what is happening in the moment, and list any MCAS symptoms you notice. You are not trying to change anything this week — only to build awareness.

What the colors mean

Color	What it feels like
GREEN	Calm, safe, connected, settled. Able to rest, think clearly, and engage with others.
YELLOW	Activated, anxious, wound-up, on edge, irritable — "fight-or-flight." Racing thoughts or restlessness.
RED	Shut down, numb, exhausted, foggy, frozen, or collapsed. Withdrawn or disconnected.

Daily log (photocopy one page per day)

Time	Color	What's happening right now?	Symptoms Noticed
Morning :			
Midday :			
Evening :			

Notes: