

# What's my PACE?

## Understanding your non-verbal emotional reactions

### MY SIGNS AND SYMPTOMS:

Self-awareness of non-verbal signs of your emotional states assists with expression, regulation and response. The more awareness you have the quicker you can intervene.

1. Know “normal” by identifying your normal PACE symptoms
2. Know your emotional distress reaction symptoms
3. Continually check in on how you're doing. Ask yourself “what is my PACE today?”
4. Be aware of changes in PACE. We're looking for change. We're looking for what shifts in normal functioning
5. Note your signs and symptoms in a journal

### **Physical:**

heart racing, muscle tension, fatigue, nausea, chest pain, shortness of breath, stomach aches, headaches, sweating, trembling, deterioration in personal hygiene, low energy, mania.

### **Actions:**

procrastination, increase in alcohol/coffee/comfort foods, avoidance, violent/aggressive behaviors, obsessive behaviors.

### **Cognitions:**

trouble concentrating or remembering, negative or self-critical thinking, hallucinations, self-harm or suicidal thoughts, disorganized thinking, out of reality thinking.

### **Emotions:**

anxious, crying, depressed, irritable, hypervigilant, angry, frustrated, happy, rapid mood changes.

**FUN FACT:** Distress and eustress produce the same reactions in the body, your brain will attribute if its good (eustress) or bad (distress)