

## FAN MSR Awareness Checklist

Behavioral System	In Balance	Out of Balance
<b>Body Functions</b>	<input type="checkbox"/> Steady breathing	<input type="checkbox"/> Fast breathing, Holding breath
	<input type="checkbox"/> Quiet digestion	<input type="checkbox"/> Indigestion/hungry
	<input type="checkbox"/> Comfortable temperature	<input type="checkbox"/> Hot or cold
	<input type="checkbox"/> Steady heart rate	<input type="checkbox"/> Heart racing
		<input type="checkbox"/> Headache
		<input type="checkbox"/> Sweaty palms
		<input type="checkbox"/> Flushing
<b>Body Movement/ Muscle Tone</b>	<input type="checkbox"/> Sitting/standing comfortably	<input type="checkbox"/> Fidgeting
	<input type="checkbox"/> Shoulders relaxed	<input type="checkbox"/> Slouching
	<input type="checkbox"/> Symmetrical	<input type="checkbox"/> Hunched shoulders
	<input type="checkbox"/> Stable	<input type="checkbox"/> Tense muscles
		<input type="checkbox"/> Gritting teeth
<b>State/Attention</b>	<input type="checkbox"/> Alert	<input type="checkbox"/> Sleepy
	<input type="checkbox"/> Calm	<input type="checkbox"/> On edge/vigilant
	<input type="checkbox"/> Ready	<input type="checkbox"/> Overwhelmed
	<input type="checkbox"/> Aware	<input type="checkbox"/> Urge to fight or flight
		<input type="checkbox"/> Frozen
		<input type="checkbox"/> Anxious
		<input type="checkbox"/> Shut down
<b>Feelings</b>	<input type="checkbox"/> Aware of my own feelings	<input type="checkbox"/> Not aware of feelings
		<input type="checkbox"/> Uncontained feelings
		<input type="checkbox"/> Denial of feelings
<b>Social Engagement</b>	<input type="checkbox"/> Focus on participant	<input type="checkbox"/> Mind wandering
	<input type="checkbox"/> Maintain social connection	<input type="checkbox"/> Difficulty focusing on what participant is saying
	<input type="checkbox"/> Shift attention smoothly from participant to baby or other	<input type="checkbox"/> Zone out
<b>My MSR Strategies</b>		