Meltdown Step-by-Step Flowchart

Follow this step-by-step path to manage meltdowns or shutdowns.
Use what feels helpful. This is a flexible, self-guided tool.

Step 1

Notice the signs of escalation. Is your body signaling overwhelm?

Step 2

Can you safely pause or exit the current environment?

Step 3

If YES → Reduce input: dim lights, use headphones, stim, or move.

Step 4

If NO → Anchor to one thing: an object, movement, or breath.

Step 5

Allow the meltdown/shutdown to happen without shame.

Step 6

After → Rehydrate, rest, and use sensory comfort tools.