

SEHTLO WEBS MD

MELTDOWN TRIAGE POCKET DOCTOR *SENSATION CARDS*



*Sluggish limbs, moving through honey-thick
air.*

SIGNAL

Fuel

CAUSES

energy depletion

low blood sugar

post-exertion drop

WEATHER

Heavy Fog

SHIFT

movement lightens

pace returns

TEST

stand up once

take five steps

SEHTLO START

Eat

SEHTLO WEBS MD

MELTDOWN TRIAGE POCKET DOCTOR *SENSATION CARDS*



*Sensitive hearing, every sound edged with
needles.*

SIGNAL

Sensory

CAUSES

auditory overload

stress residue

sensory accumulation

WEATHER

Static Storm

SHIFT

sounds dull

head relaxes

TEST

insert earplugs or cover ears

notice sound change

SEHTLO START

Earplugs

SEHTLO WEBS MD

MELTDOWN TRIAGE POCKET DOCTOR *SENSATION CARDS*



Neck stiffness, rusted hinge refusing to turn.

SIGNAL

Body

CAUSES

posture strain

stress tension

sleep position

WEATHER

Thunderhead

SHIFT

range increases

pressure releases

TEST

slow neck roll once

pause and notice

SEHTLO START

Move