A PAUSE, A PRACTICE, A NEXT STEP

Hypervigilance

When your attention keeps searching for danger.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

What it feels like

You may scan exits, startle easily, have trouble resting, or feel unable to let your guard down. Being on alert can be exhausting.

01 / Notice and reflect

Is there a present danger that needs action?

02 / Notice and reflect

What would help me feel more supported here?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek care if feeling on guard disrupts sleep or daily life. For current danger, prioritize practical safety and emergency support.

Read more: VA · When coping patterns become unhelpful

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.