

MSR Awareness Checklist

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