

# Speed Mapping

*Understand your overwhelm not as emotion, but as nervous system velocity.*

## When this might help:

- Overwhelm is building and you suspect pace, not feelings
- You're reviewing a day that ran away from you

## The practice:

- "When do I move too fast for my own regulation?"
- "Where in my day do I slow down, and how does it feel?"
- "What part of my routine creates overflow?"

Gentle fallback: Noticing one moment you moved too fast is the map started.