



The Bandwidth Barometer

A simple way to notice where your capacity is and what needs to shift.

Q. Where is the bandwidth?

1. Identify your zone

THRIVING

Steady. Clear. Able to cope.

Indicators:

- Clear thinking
- Good pacing
- Consistent regulation
- Manageable workload
- Predictable routines



SURVIVING

Pressured. Slower. Tightening.

Indicators:

- Foggy priorities
- Rising sensitivity
- Slipping routines
- Increased dependency on others
- Decision fatigue



STRUGGLING

Overloaded. Foggy. Reactive.

Indicators:

- Overwhelm
- Reactivity or withdrawal
- Escalating backlog
- Blurred priorities
- Capacity dropping quickly

Focus.
Clarity.
Mental pace.
Decision-making.

How clear your thinking feels.

Cognitive
Bandwidth

Resilience.
Tolerance.
Reactivity.
Regulation.

How much capacity you have.

Emotional
Bandwidth

Time.
Pressure.
Workload.
Responsibility.

How manageable things feel.

Operational
Bandwidth

Three types of bandwidth

2. Notice the bandwidth type

3. Choose a bandwidth restorer

4

Q. What small shift would move you up a zone?



BANDWIDTH RESTORERS Small shifts that move you up a zone:

- **Simplify** — reduce one input
- **Support** — add one scaffold
- **Stabilise** — tighten one routine
- **Slow the Pace** — one brief reset



THE BANDWIDTH BAROMETER

Background, purpose and everyday usage guide (personal use)

What This Tool Is

The Bandwidth Barometer helps you notice your cognitive, emotional and operational capacity so you can adjust early and protect clarity.

Why This Tool Helps

Because capacity shapes everything

When bandwidth tightens, clarity drops. Thinking slows. Pacing changes. Workload feels harder.

Because it supports calm, practical choices

Small, timely adjustments are easier than recovery after overload.

Because early noticing prevents escalation

Pressure rarely appears suddenly. This tool helps you spot changes before they become overwhelming.

Because it focuses on what you can actually notice

No analysing feelings. No overthinking. Just observable signs of changing capacity.

Because it centres capacity, not fault

It removes self-blame and replaces it with understanding.

Because noticing capacity restores choice

Seeing where you are helps you act with clarity rather than reacting later.

Who This Tool Is For

This is a personal reflection tool, not a wellbeing worksheet or a performance tool.

Anyone working in a busy school environment who wants to understand and protect their own capacity.



When to Use This Tool

Use when you notice:

- Foggy priorities or slowing pace
- Emotional shifts or rising sensitivity
- Slipping routines
- Overwhelm or withdrawal
- Strain in workload or time
- Pressure building across your week
- Two or more signs appearing at once

Ideal moments:

- At the start or end of a busy day
- When something feels “off”
- When work feels heavier than usual
- At the first sign of pressure building
- Before capacity drops further

How to Use the Barometer

1 Identify your zone. Notice whether you are thriving, surviving, or struggling.

2 Notice the bandwidth type.

Which part of capacity is tightening?

Cognitive Bandwidth: Focus. Clarity. Mental pace. Decision-making.

Emotional Bandwidth: Regulation. Tolerance. Reactivity. Resilience.

Operational Bandwidth: Time. Pressure. Workload. Responsibility.

3 Choose a Bandwidth Restorer.

Small shifts that move you up a zone:

- **Simplify** — reduce one input
- **Stabilise** — tighten one routine
- **Support** — add one scaffold
- **Slow the Pace** — one brief reset

4 Check for context.

Ask yourself: “**What has changed recently that might be influencing this?**”

This avoids assumptions and builds understanding.

5 Make one small adjustment.

Choose the lightest action that protects capacity and restores steadiness.

6 Prevent escalation.

Use the three-word signature: **Notice. Act. Prevent.**