

SOS CALM

For the moments when everything feels like too much.

BREATHE

4-4-6 Calm Breath

For racing heart or wired feeling

Inhale through your nose for 4

Hold for 2

Exhale slowly through your mouth for 6

Repeat 5-10 times

Hand-on-Heart Breath

For shakiness or big emotions.

One hand on your heart, one on your belly

Breathe in for 4, out for 4

Gently press your hands into your body

Repeat and silently say: "I'm here with you."

Box Breathing

For overthinking

Inhale for 4

Hold for 4

Exhale for 4

Hold for 4

Repeat 4-6 rounds

GROUND YOUR BODY

5-4-3-2-1 Senses

For feeling disconnected.

Name:

5 things you can see
4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste

Go slowly.
Really notice each one.

Feet on the Floor

For when you need to be present

Place both feet flat on the ground

Press them down and feel the support

Rest your hands on your legs and gently press

Say: "I am here. The ground is holding me."

Temperature Shift

For peak stress or panic

Splash cool water on your face or hold something cool (glass, metal, cold pack)

Take 5 slow breaths while feeling the temperature

Calming Phrases

Use one of these (or all three):

"This feeling is intense, but it's temporary."

"I am allowed to pause. I don't have to fix everything right now."

"I am doing the best I can with what I have today."

AFTER THE WAVE

When the intensity starts to soften, ask yourself:

What do I need right now?

(Water, food, movement, rest, fresh air, a message to someone, silence?)

Take one tiny action to meet that need. Tiny counts. Tiny is enough.

When you feel better notice what helped the most.

This way, next time you start to feel overwhelmed, you will know what to reach for before it gets really bad.