



Your "Right Now" Toolkit

Below is a concise, supportive summary designed to be screenshotted or saved in a phone's "Favorites" folder.

1. The System Reset (Break the Spiral)

- * Ice: Hold an ice cube in your hand or press it to your wrist.
- * Cold Water: Splash ice-cold water on your face.
- * Sour: Eat a piece of sour candy or a slice of lemon.
- * Move: Shake your arms and legs out vigorously for 30 seconds.

2. The 5-4-3-2-1 Grounding

Acknowledge:

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

3. Brain Games (Quiet the Noise)

- * Alphabet Game: Pick a category (Movies, Animals, Cities) and name one for every letter from A to Z.
- * Color Hunt: Look around and find every Green item, then every Blue item.
- * Backward Math: Count down from 100 by subtracting 7 each time.

4. Box Breathe

- * Inhale for 4.
- * Hold for 4.
- * Exhale for 4.
- * Wait for 4.
- * Repeat until your heart slows down.

5. Safe Connections

- * Text/Call a friend: "I'm feeling really low, can we talk/distract me?"
- * Text HOME to 741741 (Crisis Text Line)
- * Call/Text 988 (Suicide & Crisis Lifeline)