

Your "Right Now" Toolkit

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

Phase 1: The System Reset (Break the Spiral)

Use these to break a spiral by shocking your senses back to the present.

- **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.

Phase 2: 5-4-3-2-1 Grounding

Acknowledge your surroundings to anchor yourself.

-  **See** - Identify 5 things in your field of vision.
-  **Touch** - Identify 4 things you can feel.
-  **Hear** - Identify 3 distinct sounds.
-  **Smell** - Identify 2 different scents.
-  **Taste** - Identify 1 thing you can taste.

Phase 3: Brain Games (Quiet the Noise)

Focus your mind on a logic task to quiet the internal 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.

Phase 4: Box Breathing

Regulate your nervous system until your heart rate slows.

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

Phase 5: Safe Connections

Reach out if you need a distraction or professional support

- 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)