

# Calming Toolkit



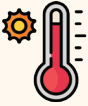
## What To Do When It Feels Too Much

This is your lifeline on heavy days. When the overwhelm floods in, use this one-pager to reset, soothe, and find your center



### Step 1: Breathe Box

Inhale for 4 counts, hold for 4, exhale for 4, hold for 4. Repeat 4 times.



### Step 2: Change Temperature

Run cold water over your hands or splash your face. This tells your nervous system to pause the panic.



### Step 3: Move Lightly

Pace around the room, stretch your arms, roll your shoulders. Let your body tell your brain, 'We're not stuck.'



### Step 4: Sound Anchor

Play one calming song, white noise, or a favorite voice note. Focus only on the sound



### Step 5: Say It or Scribble It

Whisper: 'This moment is not forever.' Or grab a pen and scribble out your feelings fast and rough. No rules.



### Step 6: Kindness Reminder

Place your hand on your heart and say, 'It's okay to feel this. I'm allowed to rest.'

## When to Seek Help

If these steps don't bring relief or your thoughts feel unsafe, please contact a therapist, a trusted loved one, or a helpline immediately. You are not alone