

PAUSE AND RESET

TOOLKIT

A REMINDER FOR WHEN EMOTIONS FEELS OVERWHELMING....



1. PAUSE

TAKE ONE SLOW BREATH.
THINK: WHAT I AM FEELING
RIGHT NOW IS A REACTION, IT
MAY NOT BE THE WHOLE
TRUTH.



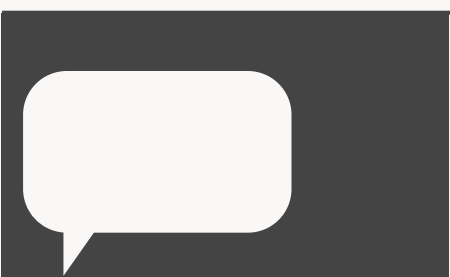
2. NOTICE

BODY: WHERE DO I FEEL THIS?
THOUGHTS: WHAT STORY IS MY
MIND TELLING ME?
TRIGGER: DOES THIS FEEL
FAMILIAR?



3. SPACE

STEP AWAY IF YOU CAN.
GIVE YOURSELF PERMISSION
NOT TO RESPOND STRAIGHT
AWAY.



4. RESPOND (when you are ready and only if you want to)

ASK YOURSELF:
WHAT WILL SUPPORT ME BEST
RIGHT NOW....
CALM? REASSURANCE?
FACT-CHECKING?



5. STRENGTHS I've managed discomfort before, I can manage this too

I DONT HAVE TO LET THIS
THOUGHT SPIRAL .

