EMERGENCY RESET

Before you answer the phone again

- Put both feet on the floor.
- Unclench your jaw and lower your shoulders.
- Take one slow breath longer on the exhale.
- Ask whether anyone is in immediate danger.
- If the answer is no, you are allowed to slow the moment down.

You can let it ring.

Is anyone in immediate danger

☐ Yes ☐ No ☐ I am not sure

What happened in one plain sentence

What I need in the next ten minutes

The person I can contact instead of handling this alone

☐ Done with Emergency Reset.

Just for fun

Word search. Find the words. No rush.

D	R	R	B	N	K	P	F
J	E	B	R	P	N	J	E
P	S	F	E	A	G	A	E
T	T	S	A	U	R	W	T
S	F	S	T	S	G	D	H
L	C	M	H	E	L	M	A
O	F	T	E	E	X	J	Z
W	W	N	G	U	K	D	Y

Find these:

PAUSE
BREATHE
SLOW
REST
FEET

Circle the one you needed most.

Use it in a sentence about your situation:

Page check: ☐ I showed up ☐ I noticed one thing ☐ I can put it down