YOU M.A.T.R.

MAINTAIN CONTROL
- Remain calm; breathe for four counts each of inhale, hold, exhale, hold, repeat until calm.
- Wind the clock; Avoid making any emotional decisions. Remember smiling makes you 20% smarter.
- Burn off steam; meditate, exercise, get close to nature. Avoid self-medicating.

ANALYZE THE SITUATION
- Identify your immediate crisis and write down ONLY the facts.
- Identify compound issues caused by the crisis and write down the facts.
- If experiencing multiple crises, identify in writing and prioritize by urgency.

TAKE IMMEDIATE ACTION
- Take a healthy action to "fill your glass" – initiate your BOLDFACE checklist.
- Call one or all of your lifeguards. Read them what you wrote.
- If in immediate danger call suicide prevention hotline **1-800-273-8255** or text **838255.**OR **988.**

REFER TO YOUR PLAN
- Discuss your crisis with your lifeguards and how it relates to your plan.
- If the crisis is unplanned, enter into the planning process with your lifeguards.
- Adjust your plan & activate. Remain in constant contact with your lifeguards until the crisis is resolved.

1 **YOU** **2** **3** **4** **5**
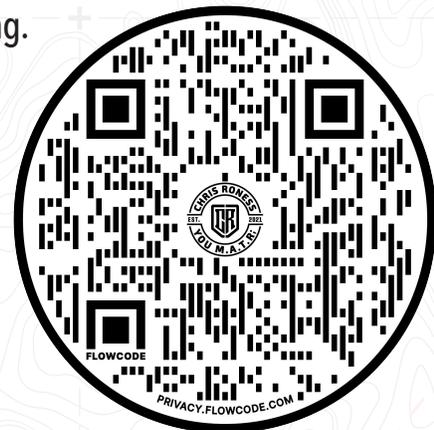
LIFEGUARDS

Assemble a team of people you trust, those you can rely on and can help you see/ understand things that can help you both personally and professionally. These are the friends, advisors, mentors, coaches, and family you trust most...your confidants... many of whom, you probably already talk to regularly...your 5 Lifeguards...your crew!

Plan > Prep > Brief > Step > Action > Debrief

IDENTIFY 5 TRUSTED AGENTS

1. Tether/connect them to each other - through you - AND a common form of communication all are able to use (phone, group text, social media, app, etc.)

2. After building your plans, tell them about your plans, goals, challenges, and fears on a regular basis and ask for accountability help, tell them the roles you need their help with, and be there for them in the same capacity.

Lifeguard 1

_____
Name   Phone #

Lifeguard 2

_____
Name   Phone #

Lifeguard 3

_____
Name   Phone #

Lifeguard 4

_____
Name   Phone #

Lifeguard 5

_____
Name   Phone #