

Before I Crash Out

Catch it earlier. Pick one thing. Get backup.



1 Notice the shift

2 Pick the easiest move

3 Tell someone what I need

1 RESET MY BODY

- * Cold splash or wrapped cool pack
- * Breathe in 4, out 6
- * Stretch, shake it out, or walk



MOVE
BREATHE
FEEL BETTER

2 CHANGE THE SCENE

- * Move to a shared space
- * Step outside
- * Walk, bike, shoot hoops, or move around



FRESH
AIR
HELPS

3 GET BACKUP

- * Sit near someone safe
- * Text: "I need company"
- * Ask them to listen, not fix



REAL
PEOPLE
HELP

4 COMFORT MODE

- * Hang out with a pet
- * Shower, cozy clothes, or blanket
- * Music, comfort show, or warm drink



COZY
THINGS
COUNT

5 DISTRACT MY BRAIN

- * Game, draw, cook, or puzzle
- * Watch something familiar and funny
- * Make a playlist or do one small task



6 LOWER THE PRESSURE

- * Pause social media for 20 minutes
- * Name the thought, then check the facts
- Do one tiny first step



SMALL STEPS
REAL PROGRESS
YOU GOT THIS

MY TOP 3

1. _____
2. _____
3. _____

Progress
over
Perfection

Dysregulation is a signal, not a choice.

Support first. Skills second.

Want to know more?

Visit leanneatkinson.ca

Kind
Brave
Capable
You Got This