

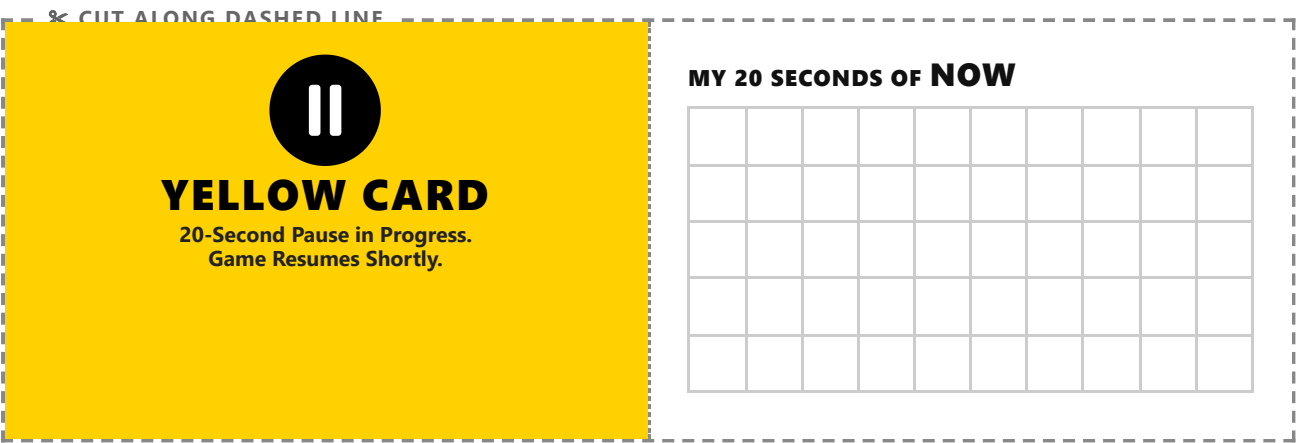
FROM POSTCARD TO TOOLBOX

FOR YOUR MENTAL HEALTH TOOLBOX

The 20-Second Yellow Card

ASSEMBLY INSTRUCTIONS

1. **Cut:** Cut along the outer **dashed line** using scissors or a craft knife.
2. **Fold:** Fold down the center **dotted line** so the yellow side faces out and the tally grid faces back.
3. **Secure (Optional):** Apply a dab of glue stick inside the fold, or slip it directly into your wallet or phone case.



How to Use It: Keep this in your pocket, wallet, or right beside your keyboard.

When you feel the day red-lining, pull out the card, set it face-down (or yellow-side up as a warning to others), and take 20 seconds to be in the NOW.

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Disclaimer: This tool is for informational/reflective purposes and is not a replacement for professional mental health advice.