

No panic Checklist



10 Mini SOS Anti-Chaos Actions

- ☐ Breathe 3-2-1 → Inhale for 3 seconds, hold for 2, exhale in 1. → “Reset in less than a minute.”
- ☐ Drink water → One slow glass, sipped. → “A hydrated brain is less prone to meltdowns.”
- ☐ Close your eyes for 30 seconds → Listen only to the sounds around you. → “Silence = mental space.”
- ☐ Quick stretch → Hands up, bend to the right/left. → “Loosen your body = loosen your mind.”
- ☐ Mini journaling → Write down “What I am thinking NOW” on paper. → “Vent on paper, not in your head.”
- ☐ Count 5 things → 5 things you see + 5 things you hear + 5 things you touch. → “Immediate grounding.”
- ☐ Decluttering for 1 minute → Put one object away. → “Calm environment = calm mind.”
- ☐ Walk 100 steps → Move around inside or outside your home. → “Move your body, move your mind.”
- ☐ Listen to 1 favorite sound → A song or nature sound. → “Find the right rhythm.”
- ☐ Force yourself to smile → Smile in the mirror for 30 seconds. → “Your brain will fall for it.”