

I. ISSUE: _____

II. What would you like to do?

Distract – good for habits & addictions, sometimes it takes just 30 seconds of distraction until the ‘urge’ passes.



Comfort/Relax – good for anxiety/panic/stress, these are designed to ‘deactivate’ parts of our brain that are leading to the distress.



Express – good for everything! These are artistic and/or creative endeavors, and promote a sense of mindfulness & *flow*.



Reach Out – this is your crisis phone/text list. This is your inner ring of support, and changes depending on timing, circumstance, and what the issue is to begin with.



Activate! – good for low-energy moods, especially depression. They take some motivation to get going, but once you do, mood will improve.



