

A Card for Your Wallet

Make a short card you can pull out when your thinking has gone offline.

WHEN TO USE THIS

Fill this in now, then copy it onto an index card and carry it.

Three lines that steady you. Write them the way you would say them.

This peaks and passes. My body is loud, not broken.

1. _____
2. _____
3. _____

Three things to do with your hands or feet, in order.

1. _____
2. _____
3. _____

One name and number to call if you want company.

When your head is loud, you do not want to think. You want something to read.