

Your Own List of What Helps

Build a short list of what actually steadies you, so it is there when you need it.

WHEN TO USE THIS

Fill this in on a calmer day, so the list is ready for a harder one.

What helps, sorted by how long it takes.

UNDER A MINUTE	TEN MINUTES	AN HOUR OR MORE

Three people or places you can go to.

1. _____
2. _____
3. _____

What have you tried that does not help, even though people suggest it?

Copy your top three onto a card for your wallet or your bedside.

Write it down now so you do not have to think of it later.