



Foldable Wallet Card

(Print, cut, fold, carry.)

For when your mind is spinning and you need a lifeline.

3-Step Reset

1. GROUND YOURSELF

- ☐ 5 things you can see
- ☐ 4 you can touch
- ☐ 3 you hear
- ☐ 2 you smell
- ☐ 1 you taste

or

- ☐ Try 4-7-8 breathing
(Inhale 4 / Hold 7 / Exhale 8)

2. CONTACT SOMEONE

Call, Text, Send a voice note

"Hey, I'm not doing great.
Can we talk for a sec?"

3. MOVE YOUR BODY




- ☐ Walk the block
- ☐ Cold water on face
- ☐ 10 pushups
- ☐ Stretch + breathe

REMINDERS + RESOURCES

YOU'RE NOT A BURDEN. YOU'RE NOT BROKEN.

You're overwhelmed — and that's human.

If it's serious:

-  Call or text **988**
-  Text "HELLO" to **741741**
-  Call your buddy. Any buddy.

Keep this card in your wallet or glove box. Use it if you forget what to do.