


PRESSURE RELEASE

A simple tool for when your head's full and your fuse is short.

You don't have to fix everything. Just get grounded and take the next step.

1 What's Got Me Heated?

Write it out — no filters, no edits. What's weighing on you right now?

 *Work stress? Family stuff? Burnout? A fight?*

2 What's Actually in My Control?

- ☐ I can do something about this.
- ☐ I can't fix it right now, but I can ride it out.
- ☐ Not sure yet — just naming it helps.

Even small moves count. One deep breath. One text. One walk.

3 How's My Body Doing?


Check in with your physical signs. These are signals — not failures.

- ☐ Tight chest
- ☐ Tension in jaw or fists
- ☐ Headache
- ☐ Can't sit still
- ☐ Exhausted
- ☐ Feel like exploding
- ☐ Other: _____

4 What Emotions Are Riding High?

Yeah, it's uncomfortable — but getting honest helps.

- ☐ Angry
- ☐ Numb
- ☐ Sad
- ☐ Anxious
- ☐ On edge
- ☐ Overwhelmed
- ☐ Don't even know

 *Tip: You don't have to "fix" emotions. Just noticing them changes the game.*

5 Cool the Engine

Pick one or two. Doesn't have to be fancy — just do something.

Grounding

- 4–7–8 breathing (Inhale 4 / Hold 7 / Exhale 8)
- Name 5 things you can see, 4 you can touch, 3 hear, 2 smell, 1 taste

Cold Reset

- Splash cold water on your face
- Stand in the breeze
- Grab ice or a cold drink and hold it

Movement


- Go lift something heavy
- Walk outside — no phone
- Do a few pushups / squats / stretches

Expression

- Go for a ride, yell or talk it out in your car
- Journal the chaos, then tear it up
- Blast a song and let it out

6 What Helped Even a Little?

- ☐ Breathing
- ☐ Moving
- ☐ Cold reset
- ☐ Talking
- ☐ Writing
- ☐ Still trying — that's okay too

 Anything you want to remember for next time?



Need Backup?

You don't have to be in crisis to get help. But if you are — here's what to do:



Call or text 988 — 24/7 Mental Health & Suicide Support



Text "HELLO" to 741741 to chat with a trained crisis counselor



Call a friend — literally just say:

"I need to talk to someone for a minute."



ZONE OUT ZONE

When your brain won't shut up, give it something to mess with.

*Not everything needs to be deep. Sometimes your head just needs a break.
Use this page to slow down, zone out, and breathe.*



DOODLE STARTERS (Pick one and go)

- ✓ Trace your hand and sketch in the details
- ✓ Sketch your dream garage
- ✓ Draw your day like a comic strip — even if it's dumb
- ✓ Draw a random blob and make it into something

QUICK WRITE (No pressure. Just unload.)

Write one of the following — or all of them:

- “One thing I actually like about myself today:”
- “One thing that doesn’t suck right now:”
- “One place I want to go when I get through this:”

WEIRD BUT TRUE (You can’t make this stuff up)

- **Sharks existed before trees**
- There’s a jellyfish that can **literally live forever**
- **Wombat poop is cube-shaped**
- A man once got struck by lightning **7 times — and survived them all**
- Some turtles **breathe through their butts**
- **Goats have accents** (just like humans)
- In the 1970s, a guy **hijacked a plane for beer** — and they gave it to him
- Octopuses have **three hearts and blue blood** — like sci-fi villains
- Your bones are, pound for pound, **stronger than steel**


BUILD-YOUR-OWN DISTRACTION

Pick one and talk it out. Record it if you're feeling **bold!**:

- ☐ Alphabet challenge — name something good for each letter (A–Z)
 - ☐ Describe your perfect meal, in ridiculous detail
 - ☐ Plan your zombie apocalypse escape route
 - ☐ Create your fighter name and backstory
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ONE MOVE FORWARD

You don't have to solve everything. Just do **one small thing** that helps you feel **1% better**.

 Pick one — or come up with your own.

- ☐ Step outside and feel the air on your face
- ☐ Blast a song that makes you feel something
- ☐ Share a youtube video with buddy (even if it's dumb)
- ☐ Pour a cold drink and sit and sip in silence for 2 minutes
- ☐ Put one thing **you** want to do this week on your calendar
- ☐ Move your body for 5 minutes — walk, stretch, jump, whatever
- ☐ Pet a dog / watch a dumb video / eat something hot
- ☐ My own idea: _____

Whatever you choose: it counts. And it's a win.