

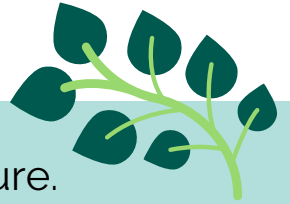
HELP NOW! SKILLS

If you feel too much stress inside, you can try the following to help return to your Resilient Zone. Some will work better for you than others. So use the one(s) that fit the best for you.



01 Drink a glass of water or juice.

02 If you are outside, touch the surface of something in nature.



03 Look around the space where you are, paying attention to anything that catches your eye.

04 Name six colors you see in the space you are in.



05 If you're inside, notice the furniture and touch the surface.

06 Count backward from 20 as you walk around the room.

07 Notice the temperature of the space. Is it cold, warm, hot, just right?



08 Notice the sounds within the space - inside or outside.

09 Walk and pay attention to the movement in your arms and legs and how your feet are making contact with the ground.

10 Push your hands against the wall or door slowly and notice your muscles pushing. Or push your back against a surface and notice your back and legs making contact with the surface.

iCHILL APP

Download the iChill App to practice these skills and learn more skills. Available for free in English and Spanish on iOS, Android, or at ichillapp.com.

