

Emergency Self-Soothe Cards

by StillSickStillHere



How to use

How to Use Your Emergency Self-Soothe Cards

1. Print on A4 – cardstock is best for durability
 2. Cut along the crop marks
 3. Keep cards somewhere easy to grab – wallet, desk, fridge, bag
4. In a tense moment, choose one card and try it straight away
5. Repeat or pick another until you feel a small shift

5-4-3-2-1 Grounding

- Notice 5 things you can see.
 - 4 you can touch.
 - 3 you can hear.
 - 2 you can smell.
 - 1 you can taste.
- Slow your breathing.

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STOP Skill

- Stop.
- Take a breath.
- Observe: body, thoughts, urges.
- Proceed gently with one wise action.

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TIPP: Temperature

- Cool your face/neck with cold water or an ice pack (15–30 sec).
- Exhale longer than you inhale.
- Feel the shift.

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TIPP: Paced Breathing

- Inhale 4, hold 2, exhale 6–8.
- Repeat 10 cycles.
- Drop your shoulders on every exhale.

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TIPP: Paired Relaxation

- Clench fists 5 sec, release 10 sec.
- Scan head to toe, soften tiny muscles.
- Whisper “safe enough right now.”

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Self-Validation Script

- This is hard. My feelings make sense.
- I don't have to like this to survive it.
- One small supportive step is enough.

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Urge Surfing (Recovery)

- Name the urge (0–10).
- Breathe while the wave rises/falls (90 seconds).
- Choose one replacement action for 10 minutes.

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Crisis Plan Mini

- What helps first? (breath, cold water, step outside)
- Who can I text? (name)
- Safe place/object: (write it)
- If still stuck for 20 min → use my next card.

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90-Second Rule

- Emotions often peak and pass in - 90 sec.
- Anchor breath.
- Let the wave move through, not get stuck in you.

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Pain Pacing (Spoon Check)

- *Rate energy (0–10).*
- *Do activity at 70% of capacity.*
- *Micro-rest 5–10 min before pain spikes.*

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Two-Minute Activation

- *Pick a 2-minute task (dishes, email, stretch).*
- *Set a timer.*
- *Stop after 2 if you need. Momentum counts.*

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Box Breathing

- *Inhale 4*
- *Hold 4*
- *Exhale 4*
- *Hold 4*
- *Repeat 4 rounds.*

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Flashback Grounder (CPTSD)

- *Say: “I am (your name). I’m in (place). It’s (year).”*
- *Touch a textured object.*
- *Name 3 things proving present time.*

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Compassion Reframe

- *If a friend felt this, what would I say?*
- *Say it to myself, out loud.*
- *Place a hand on heart. Breathe.*

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BPD Anchor

- *Name the trigger and the need underneath.*
- *Do one need-meeting micro-action (connection, comfort, clarity).*
- *Remind: “Feelings ≠ facts ≠ forever.”*

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Anxiety First Aid

- *Breathe low + slow.*
- *Ground with 3 facts in the room.*
- *Take one tiny, doable step.*

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Night Calm

- *Write one worry.*
- *Schedule time to think about it tomorrow.*
- *Do a 4-minute body scan.*

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Spiritual Grounding

- *Imagine water washing through you, carrying heat away.*
- *Inhale: receive. Exhale: release.*
- *Whisper: “Return to center.”*

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