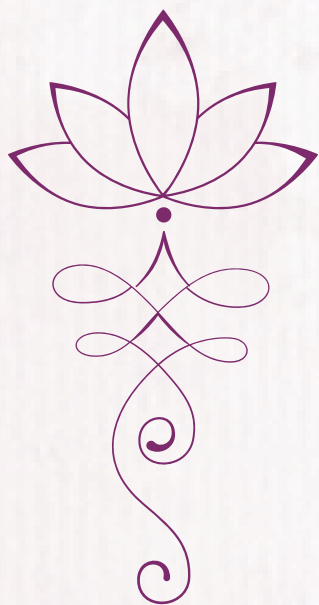


# The 3 Minute Relief Kit

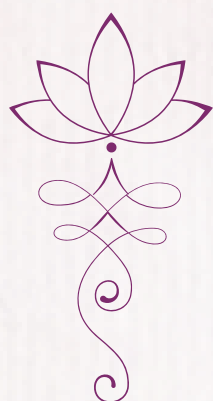
*Small things  
for heavy moments.*



# Welcome to Your 3 Minute Relief Kit

*You don't need instructions.  
You don't need to use these in any  
particular order.  
You don't need to listen to all of them.*

*This kit exists for one reason:  
To give you relief in the moments when  
you have nothing left.*



# Your IO Audio Resets

Before You Get Out of the Car

When You Walk In the Door and Feel Heavy

Low Battery, Still Showing Up

When You're Snappy and Don't Want to Be

When You Can't Think Straight

The Quiet Minute Between Things

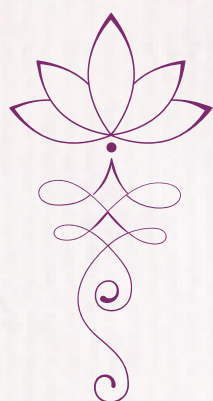
When You Feel Behind No Matter What

End of Day Unclench

When You Don't Want to Talk to Anyone

You're Allowed to Stop Now

*Listen to whichever one fits. There's no order.  
Choose the one that feels right.*



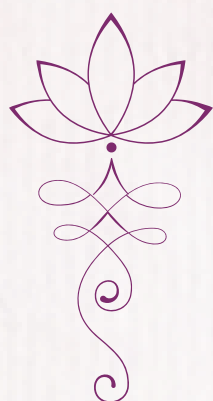
# When you feel flat

*Pick one. Or none. That still counts.*

Sit somewhere different for one minute.  
Floor, step, car.

Drink something slowly.  
All the way.

Put one hand on your chest and say  
"I'm still here."



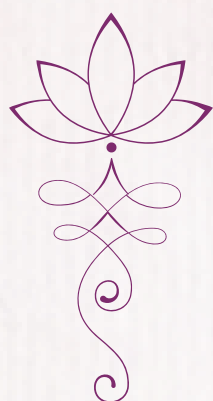
# When you're overstimulated

*Pick one. Or none. That still counts.*

Lower the lights.  
Even just a bit.

Step outside or to a window.  
No phone.

Close your eyes and exhale longer  
than you inhale once.



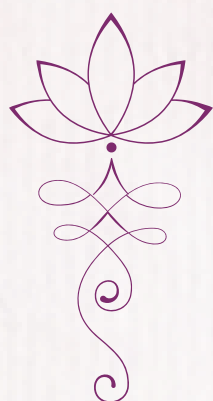
# When you're tired but wired

*Pick one. Or none. That still counts.*

*Unclench your jaw.  
Let your tongue rest.*

*Sit or lie down without scrolling  
for one minute.*

*Put something warm on your body.  
Jumper. Blanket. Hands.*



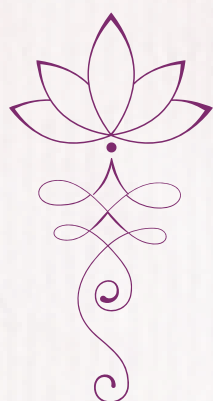
# When you feel behind

*Pick one. Or none. That still counts.*

Write down one thing you've  
already done.

Cancel or postpone one  
non essential thing.

Say quietly, "I'm not actually late.  
I'm just tired."



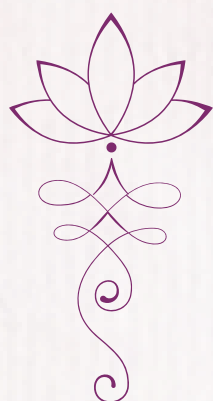
# When you don't want to talk

*Pick one. Or none. That still counts.*

Put headphones in without playing anything.

Send a message that says, "Thinking of you. No reply needed."

Sit in the bathroom for one minute.  
Door closed.



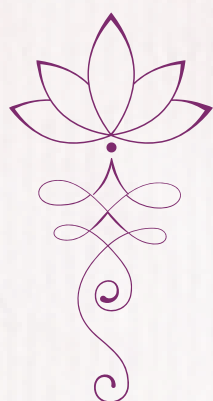
# When you're carrying others

*Pick one. Or none. That still counts.*

Put the load down physically.  
Bag. Keys. Laundry.

Sit with your back supported  
for a minute.

Remind yourself:  
"This isn't all mine."



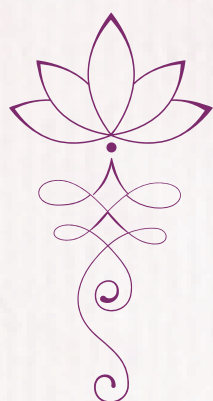
# When the house feels loud

*Pick one. Or none. That still counts.*

Turn off one source of noise.

Step into the quietest room,  
even briefly.

Breathe out slowly like you're  
fogging a mirror.



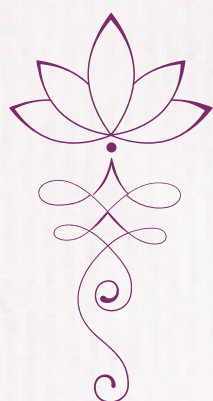
# When you're alone & heavy

*Pick one. Or none. That still counts.*

Put your hand on something solid.  
Bench. Wall. Table.

Wrap your arms around yourself.  
Just once.

Say, "I don't have to solve  
this right now."



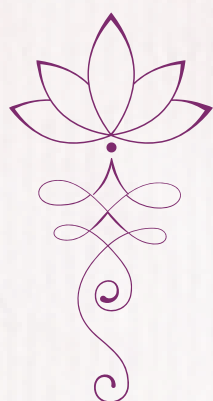
# When you want comfort

*Pick one. Or none. That still counts.*

Eat something soft or warm.

Put on something familiar  
you've seen before.

Change into clothes that  
don't ask anything of you.



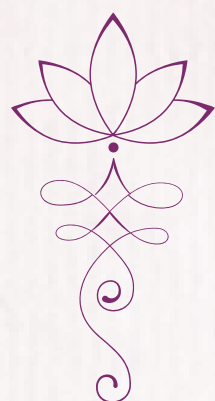
# When you need a win

*Pick one. Or none. That still counts.*

Move three things.  
That's it.

Drink a full glass of water.

Acknowledge:  
"I showed up today."



# A Note from Sarah

*I made these audios for myself first.*

*For the days when my husband is struggling and I'm at the end of my capacity.*

*For the moments in the car before I walk back inside.*

*For the nights when I'm too tired to think but too wired to rest.*

*If you're holding a lot right now, I see you. You're not alone.*

*If you need more than these audios can give, [The U Crew community](#) is here.*

*It's a quiet, safe space for people like us.*

*Be kind to yourself 🧡*

