



# Emergency kit for difficult days

*Your little anchor when everything gets too much.*

Sometimes life gets tough, loud, or simply overwhelming. This emergency kit helps you pause for a moment, collect yourself, and regain your strength. Take a few minutes—you don't have to do anything perfectly.

## 1. Instant exercises for acute moments of stress

### 1-minute breathing anchor

- Breathe in for 4 seconds
- Hold for 2 seconds
- Breathe out for 6 seconds
- Repeat 6-8 times

*Long exhalations calm the nervous system.*

### Grounding

- Place both feet firmly on the floor.
- Feel: pressure, temperature, support.
- Say quietly to yourself: “I am here. I am safe.”

### 5-4-3-2-1 method

- See 5 things.
- Feel 4 things.
- Hear 3 things.
- Smell 2 things.
- Taste 1 thing.

*Helps you immediately get off the merry-go-round of thoughts.*

## 2. Mini mindfulness exercise: 60-second break

Close your eyes briefly and ask yourself:

- *What do I really need right now?*
- *Can I give myself that now – or later?*
- *What would be a small, loving step?*

This mini break creates distance and gives you orientation.

## 3. Self-supporting questions

### The 3 questions for difficult moments

1. *How would I talk to a good friend if she felt this way?*
2. *What can I do for myself right now – within my means?*
3. *What is the next smallest thing I can do?*

Small steps are enough. They are often all we need.

## 4. Small immediate aids for everyday life

- Drink a glass of water slowly and consciously.
- Open a window – fresh air has a regulating effect.
- Place one hand on your chest – this calms the nervous system.
- Move around for 2 minutes: stretch, shake, flex.
- Write down 3 sentences that describe how you feel right now – without judging yourself.

## 5. Reminder to yourself

You don't have to be perfect today.

You don't even have to “function.”

It's enough to breathe, feel, and take one small step at a time.

Nothing more is required.