Breathe at your own pace

If paying attention to your breath feels comfortable, start with one breath.

Try it now
Let air come in without forcing a deep breath. If it feels comfortable, let it out a little more slowly. Return to your usual rhythm whenever you like. Online, you can choose a circle for guidance.

For example
While waiting for a meeting, you try one gentle breath out. If it feels better to look at the window, pick a shape you can see there.

After you try it
Did focusing on your breath suit you, or would you prefer to look at something still? If you feel dizzy or uncomfortable, breathe normally.

A point of focus that feels comfortable

Open this exercise online

A cool or neutral sensation

Choose a sensation that feels easy to notice. You can use something already within reach.

Try it now
If a cool cloth feels pleasant, hold it against your cheek for a moment. You can also notice the texture of your sleeve. Breathe normally. Move the cloth or your hand away whenever you like.

For example
Before replying to a message, you notice whether your sleeve is smooth or has a seam. That moment gives you time to choose what to say.

After you try it
Could you notice a detail? If touch felt uncomfortable, you can look at an object or stop here.

A sensation I would choose next time

Open this exercise online

Five, four, three, two, one

Notice where you are. One sense that feels comfortable is enough.

Try it now
To try the sequence, notice five things you see, four touch sensations, three sounds, two smells and one taste you already notice. Use just one category or stop after the first detail. You don’t need to taste or smell anything new.

For example
You look at the rim of a cup and notice a tiny mark. Stay with that detail for a moment. You could also notice the support of the chair.

After you try it
Can you describe something here with you now? If there’s too much input, pick one detail or pause.

One detail I noticed

Open this exercise online

Release tension in one place

Choose a comfortable area of your body that doesn’t hurt.

Try it now
Try lowering your shoulders a little or opening your hands. If comfortable, gently tense, then release. You can also go straight to releasing. Leave any painful area alone.

For example
You’re reading an upsetting sentence for the third time when you notice how tightly you’re gripping your phone. You loosen your fingers enough to set it down.

After you try it
Does that spot feel any different? If it feels the same, you can change position or stop.

A part of my body I’d like to let rest

Open this exercise online

Notice an urge before acting

If it’s safe to wait, try putting a moment between wanting something and choosing what to do.

Try it now
Name the urge. You can note its strength now and check again when you choose. It may rise, fall or stay the same. If you need protection or immediate help, act now.

For example
You want to send another message. Ask what you hope it will do and how much of that depends on the other person’s reply.

After you try it
What would you choose even if the urge stays? You could wait, do something else or ask for company.

The decision I want to make for myself

Open this exercise online

Sort worries from tasks

Choose one worry. One is enough.

Try it now
Put it in your own words. Ask whether there is something concrete you can do about it today. If so, choose a first action. If it depends on someone else, decide when to return to it.

For example
“I don’t know if they’re coming.” You can ask what time they expect to arrive. The reply is up to them.

After you try it
Did the worry become a task, a question, or something that needs to wait?

Something I can act on today

Open this exercise online

Examine a thought

Choose a thought that hurts to believe.

Try it now
Say what happened and what you concluded. Find one detail that fits your conclusion and another that leaves room for doubt. Try a sentence that includes both. You can compare how strongly you believe it before and after.

For example
“They didn’t reply, so they don’t care.” You know they haven’t answered yet. You still don’t know what the silence means.

After you try it
If the first sentence still feels true, what information is missing? If you are facing an actual threat, give your safety priority.

An explanation that fits what I know

Open this exercise online

Take a step back from a thought

Sometimes a thought comes back sounding like an order. Choose one.

Try it now
Say it silently in its original words. Then add “I’m noticing the thought that…” Hear the whole sentence once. Choose a different introduction if those words feel unnatural.

For example
“I’m going to ruin it” becomes “I’m noticing the thought that I’m going to ruin it.” What small thing might you still choose to do?

After you try it
Did the second version give you a little room? If it just felt distracting, go back to your own words.

Something I can still choose

Open this exercise online

The letter you won’t send

Try one sentence addressed to someone. You choose how much to say.

Try it now
You can start with “What I couldn’t tell you was…” Thinking the words is enough. If you write them down, decide whether to keep them privately or discard them. The paper is yours.

For example
“What I couldn’t tell you was that I was tired of pretending I understood.” One line can be the whole letter.

After you try it
How did it feel to say it? If the memory feels too heavy, notice a familiar detail around you or seek company.

What I want to do with these words

Open this exercise online

Ask someone for company

Think of someone you feel safe with and the kind of company you would like.

Try it now
Make a request they can answer. Say whether you want someone to listen, a brief call or someone nearby. You can rehearse it without sending anything.

For example
“It’s been a rough day. Do you have ten minutes to listen this afternoon?” Give them room to say when they’re available.

After you try it
If that person is busy, who else could you turn to? Their availability today is only part of the picture.

A request that sounds like me

Open this exercise online

Name what you feel

Try one word. It doesn’t have to be the perfect one.

Try it now
Think of a brief scene. Finish “I felt… when…” Then name something you needed. If a feeling is hard to name, start with a body sensation or with “I’m not sure yet.”

For example
“I felt embarrassed when they corrected me in front of the group. I’d have preferred to talk in private.”

After you try it
Does that need suggest something you could do next? You can also stay with the word you found.

Something I need in this situation

Open this exercise online

Make the first move

Think of the task in front of you and find where it actually begins.

Try it now
Choose an action with a visible finish. Try it now, with or without the five-minute timer. When that first action is done, decide whether to continue.

For example
“Finish the paperwork” becomes “Open the form.” That counts as the step you chose, even if you don’t finish the paperwork today.

After you try it
If it’s still hard to start, what would make the step possible? It might be an instruction, time or help.

My first move and where I’ll make it

Open this exercise online

Prepare for a difficult conversation

Rehearse something you want to say to someone it is safe to talk with.

Try it now
Describe something both of you could observe. Say how it affected you and ask for something specific that they can agree to or discuss. If you fear retaliation, seek support outside the conversation first.

For example
“When the time changes and I only find out when I arrive, I feel left out. Could you let me know as soon as the plan changes?”

After you try it
Hearing your words, is it clear what you’re asking for? If the answer were no, what could you do to look after yourself?

A request I can make in my own words

Open this exercise online

The next 24 hours

Choose one need that would make today a little more manageable.

Try it now
Consider your options for food, movement if accessible, rest or contact with someone. Choose one realistic action and a cue for when to try it.

For example
“After this call, I’ll eat something that’s already in the kitchen.” If food isn’t available, asking for practical help is also a step.

After you try it
What would make it easier to follow through? If your plan falls through, you can shrink it or choose another need.

When this happens, I’ll…

Open this exercise online

If you feel unsafe

In immediate danger, call your local emergency service or go to an emergency department. In the United States, call 911.

Try it now
If you can do so safely, get near someone you trust. Tell them what you need now. For emotional crisis support in the United States, you can call 988 or text 988.

For example
“I don’t feel safe on my own. Could you stay with me and help me get support now?” You can read those words or show them to someone.

After you try it
Once safe, identify a sign that you need support, a person or place to turn to and a way to reach them. If you need help now, use the quickest available contact.

A person or place I can turn to

Call 988 **Text 988**

Open this exercise online