



The Next Ten Minutes

A steady, compassionate reset for the moment that feels too big to carry.

Start here

- 1 Pause. Put both feet on the floor or lean into a surface that feels steady.
- 2 Name five things you can see, four things you can feel, three things you can hear.
- 3 Ask one kind question: What would help me feel 5% safer right now?
- 4 Choose one small next step - water, air, a text, a quiet room, or simply rest.

Keep close

- I do not have to solve everything in this moment.
- I can make the next ten minutes a little gentler.
- If I am unsafe, I will contact local emergency services or a trusted person now.

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