

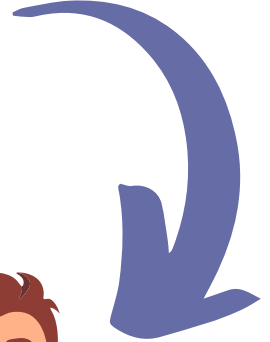
## HELP NOW

is a skill you can use when you feel overwhelmed and can't get back into your resilient or "OK" zone.



This skill is made up of many different strategies. The skills in Help Now! focus on your body instead of your thoughts.

As your body relaxes, you can keep using this skill or switch to one of the other resilience skills.

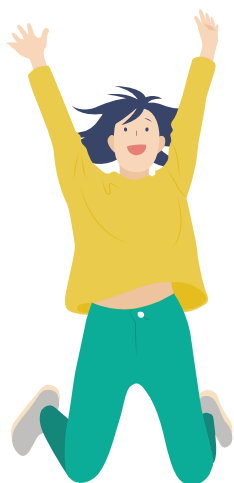


Try out some of these Help Now! skills for yourself. Pay attention to how your body feels before, during, and after using each skills.

Some of these may work better for you than others. Try them out at different times to see which you like best. Put a check mark beside the skills that work best for you.

Once you find the skills that work best for you, practice them throughout the day so you can use them more easily when you are bumped out of your resilient or “OK” zone.

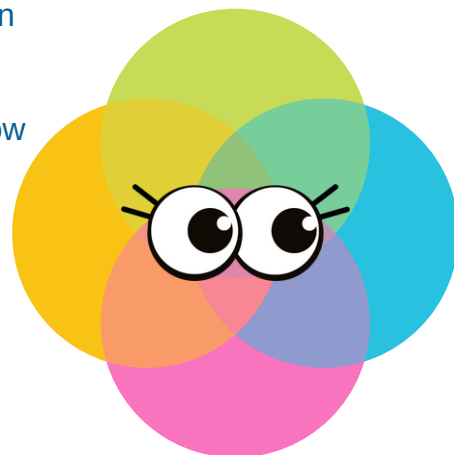
- **Stretch out your muscles:** Do each of these slowly and pay attention to how your muscles feel when you stretch them.
  - **Stretch out your neck:** Slowly bend your neck forward, then over toward one shoulder, and then over to the other.
  - **Stretch out your arms and shoulders:** Take one arm straight across the front of you and hold it with the other arm. Repeat on the other side.
  - **Stretch out your chest:** Clasp your hands together behind your back and push your chest forward.
  - **Stretch out your legs:** Bend over and touch your toes.



- **Go for a 5-minute walk:** Pay attention to how your feet feel when they make contact with the ground.
- **Do 20 push-ups against a wall:** Pay attention to how the muscles in your arms feel when you push against the wall.
- **Jump up and down 10 times:** Notice how your heart rate and breathing changes. Pay attention to how your legs and feet feel.
- **Drink a cold cup of water:** Pay attention to how the cold water feels in your mouth. Is there a difference if you take small sips or long, big swallows?



- **Run your hand under cold water for 20 seconds:** Pay attention to the flow of the water over your hands and between your fingers. Pay attention to the temperature of the water.
- **Find 6 different colors in the room:** Go through the colors in the rainbow and find something that is red, orange, yellow, green, blue, and purple. Pay attention to the details of each of the items.
- **Slowly count backwards from the number 20:** Take deep breaths and slowly count backwards from 20 to 1.



20...19...18...17...16...15...14...13...12...10...9...8...7...6...5...4...3...2...1