

What Might Help Right Now?

A visual menu for moments of overwhelm

You don't have to make yourself calm. You can choose something that might help your system right now. ❤️



Before choosing something to try:
What are you noticing right now?



My body
needs
something



My senses
need
something



My brain
needs
something

Choose something from the menu below



PHYSICAL ACTIONS

Ways to use your body
or release energy.



Stretch your arms up
high, roll your shoulders.



Push against a wall
or squeeze a cushion.



Go for a short walk
or change position.



Shaky, shaky, shake it out.



Hold something heavy
or wrap in a blanket.



SENSORY ACTIONS

Ways to change or use
sensory input.



Listen to calming music
or a favourite song.



Use something with a
nice texture.



Look at something
soothing or beautiful.



Have a drink or eat
something comforting.



Adjust the environment –
light, sound or temperature.



DISTRACTION

Ways to give your brain
something different to focus on.



Do a puzzle, wordsearch
or a game.



Draw, doodle or colour.



Read a few pages
of a book or magazine.



Watch something
uplifting or funny.



Make a list, plan, or sort
something small.



GROUNDING

Ways to come back to
the here and now.



5 things you can see



4 things you can feel



3 things you can hear



2 things you can smell



1 thing you can taste



Name the date, time
and where you are.



Notice your feet on the floor
or your body in the chair.



CONNECTION

Ways to connect or reach
out to others.



Message or call someone
you trust.



Ask for a hug if that
feels okay.



Spend time with a pet
or animal.



Join an online or in-person
group or community.



Let someone know: "I need
support right now."



BREATHING

Ways to work with
your breath.

Try this simple
**2 in, 1 out
breath**



- 1 Breathe in slowly through your nose.
- 2 Breathe in again.
- 3 Breathe out slowly and longer through your mouth.

Repeat a few times and notice how
your body feels.



Remember

- There is no right or wrong choice.
- What helps can change from moment to moment.
- Even trying one small thing is a good step.



Pocket Thought

Small actions can support big change.
Be kind to yourself as you figure out
what helps you.



You don't have to do this alone. Support is available.

