I Need a *Moment*

You don't have to figure everything out right now.

RIGHT NOW, I FEEL...

It's okay to feel however you feel.

- ☐ Overwhelmed
- ☐ Tired
- ☐ Anxious
- ☐ Stressed
- ☐ Emotional
- ☐ Irritated
- ☐ Sad
- ☐ Lonely
- ☐ Numb
- ☐ Burnt out
- ☐ Disconnected
- ☐ Unsure
- ☐ Frustrated
- ☐ Mentally drained
- ☐ Maxed out
- ☐ Peaceful
- ☐ Hopeful
- ☐ Somewhere in between

or something else: _____

FOR THE NEXT FEW MINUTES, I CAN...



- ☐ Sit somewhere quiet
- ☐ Take a few slow breaths
- ☐ Get a drink
- ☐ Step outside
- ☐ Stretch or move
- ☐ Put my phone down
- ☐ Do absolutely nothing for a minute
- ☐ Light a candle
- ☐ Listen to something calming
- ☐ Something else: _____

WHAT CAN WAIT UNTIL AFTER THIS MOMENT?

It's safe to set some things down for now.

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WHEN I'M READY, THE NEXT SMALL THING IS...

Just one gentle next step.

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You are allowed to take the moment before deciding what comes next.