



In case of resilience emergency, you don't need to break glass. Try these instead:

1. Call a friend.	6. Cry a little. It's ok to cry.
2. Drink some water.	7. Walk forward. Count backward.
3. Take a walk somewhere you like.	8. Jump, dance, or hacky sack.
4. Eat something sour, then sweet.	9. Smell something special.
5. Burrito yourself in a fuzzy blanket.	10. Take up space. You matter.

www.DIYResilience.com

Need a little extra help? Contact DIY Resilience at (310) 620-9100