

4 STEPS TO SURVIVE AN EMOTIONAL CRISIS

S Slow your breathing.

Take a few deep breaths
to anchor yourself to the
present.

T Take note.

Notice what you're
thinking, feeling and
doing.

O Open up.

Open up around your
thoughts and feelings.
Accept them.

P Pursue your values.

What do you want to be
about in the face of this
crisis? How do you want
to act?



Scan to listen to the
Calm Living Blueprint
Podcast episode,
“How to Survive an
Emotional Crisis”