Steady yourself — a 5-step card for hard days

On the days when nothing is enough

Five small things. In order. You do not have to do them all. One is enough.

Body first

Drink a glass of water. Eat something small.
Stand up and walk to a window.
Your nervous system needs the basics before anything else can help.

Breathe

Four counts in, six counts out. Two minutes.
The longer out-breath is the part that calms you.

Limit the inputs

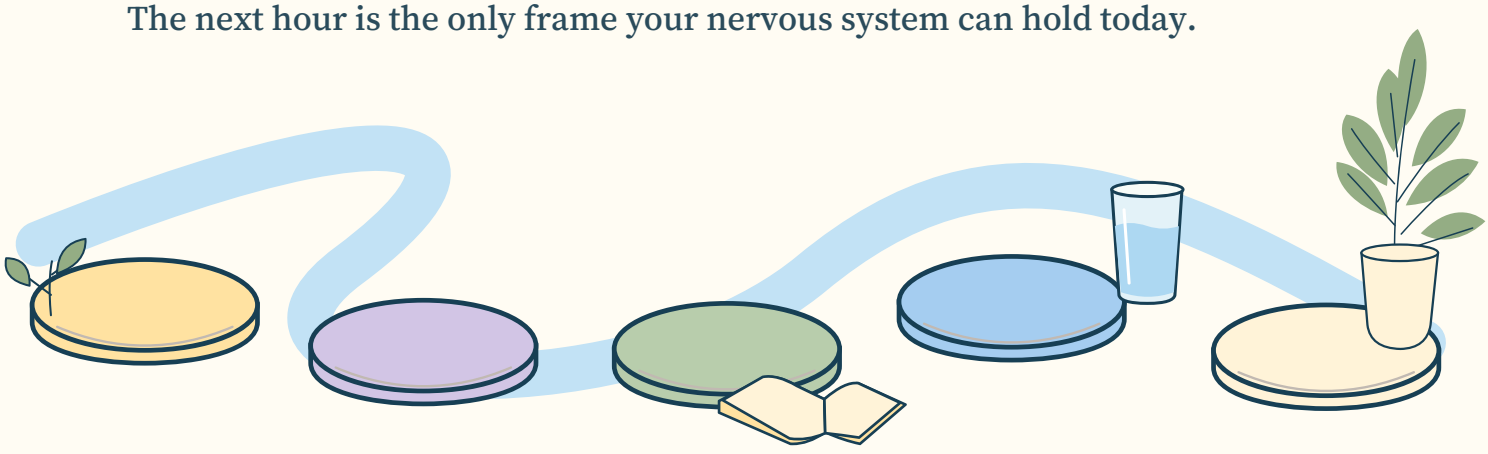
Phone face-down for the next hour. Notifications off. Music low. Lights moderate.
Your system is full — protect it from more.

Reach out — once

One message to one trusted person. Not to perform okay. Just to say: 'Today is hard.'
That sentence does more than you think.

Small, kind next action

One thing for the next hour. Not the next day. Not the next week. A meal. A shower.
A walk to the corner.
The next hour is the only frame your nervous system can hold today.



If today is more than hard

If you are having thoughts about harming yourself, or about not wanting to be here, please reach out today

In Saudi Arabia, call 911 in an emergency (ambulance 997). For psychological advice.
The Ministry of Health line is 920033360 (daily 8am–8pm; Saturday 1pm–8pm).
Other GCC countries: monita.org/in-crisis.

