



SCAN ME

# What do you do if you are on Emotional Fire?



# STOP

**STOP** making major decisions.  
Wait 24 to 48 hours and until stress is lower.



# DROP

**DROP** your temperature.  
Plunge your face into cold water and hold your breath.



# DROP

**ROLL** your eyes towards eye contact.  
Find someone make eye contact.  
Ask them to distract you.

