

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 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.







© 2024 NowMattersNow.org free for personal, school, or clinical use, all other rights reserved. https://nowmattersnow.org/stop-drop-roll/