



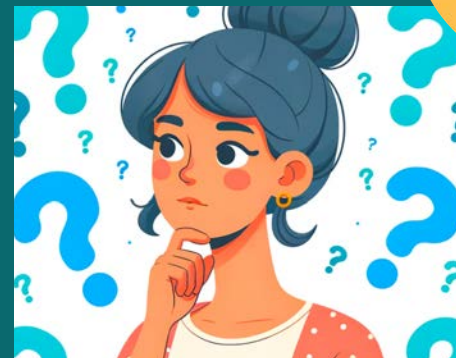
SCAN ME

What do you do if you are on Emotional Fire?

now
matters
now

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.



ROLL

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

