

Feeling suicidal? Emotionally on fire?



Stop

Stop making major decisions.
Wait 24-48 hours and until stress is lower.



Drop

Drop your temperature.
Plunge your face in cold water and hold your breath.
If you've dropped into the "dead inside but chill"
zone—sleep it off.



Roll

Roll your eyes towards eye contact.
Make eye contact with someone and
ask them to distract you.