

# 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.

