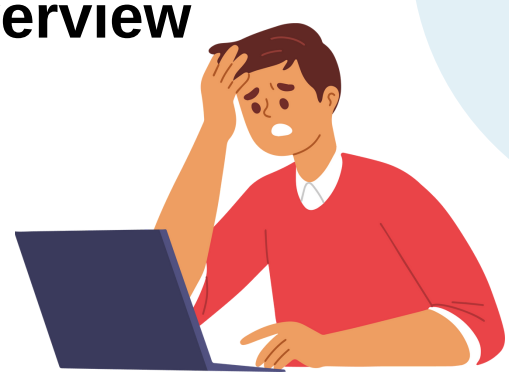
project reassure

HELP NOW
Overview

Self-Advocates



HELP NOW

is a skill you can use when you feel overwhelmed. When you are faced with a lot of challenges, it can be hard to stay in your resilient or "OK" zone.

Usually when you are bumped out of your zone you can use the other skills to get back into your zone. Sometimes you may get so overwhelmed that the other skills don't work well enough and you get stuck outside of your zone.

When you get stuck outside of your zone, you can use Help Now! to move you back into your resilient or "OK" zone.

The Help Now! skill is made up of many different strategies. The skills in "Help Now!" focus on your body instead of your thoughts. As your body relaxes, you can keep using the skill or switch to one of the other resilience skills.

HELP NOW STRATEGIES

Pay attention to how your body feels before and after using them to see what might work best for you. You may need to try more than one.

- **DO SOMETHING PHYSICAL:** Try stretching the muscles in your neck, shoulders, arms, back, chest, or legs. You can also go for a 5 minute walk, do 20 push-ups against a wall, or jump up and down 10 times.
- **COOL DOWN:** Try drinking a glass of ice cold water. Or you can run your hands under cold water for 20 seconds.
- **USE YOUR SENSES:** Find 6 different colored items in the room, find items around you that have different textures and pay attention to how they feel, or focus on sounds that are around you.
- **COUNTDOWN:** Slowly count backwards from the number 20.

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