

Emergency Calm Button

A fast, body-first reset for moments when you can't think your way out. This is the one to use first when a spiral is already underway.

When this might help:

- You're mid-panic, mid-spiral, or about to dissociate
- You can't focus enough to read, journal, or talk
- You need to interrupt something before it escalates

The practice:

- Place one hand on your chest, the other on your belly.
- Drop your shoulders. Unclench your jaw.
- Breathe out longer than you breathe in. Five rounds.
- Say, silently or out loud: *"Not now. I'm here. I'm safe enough."*

That's it. The whole thing takes under a minute. The point isn't to feel good. The point is to send one signal, *I'm here*, to a system that has drifted.