

Spiral Interrupt Toolkit

A small set of physical interventions for when thinking won't get you out of a state.

Different states need different interrupts. This isn't one tool, it's a kit, and you choose based on what's happening.

For activated/anxious states (heart racing, thoughts spinning):

- Slow exhale through pursed lips, longer than the inhale, for ten breaths
- Cold water on the wrists or face
- Walk for two minutes, ideally outside

For shutdown/freeze states (heavy, foggy, far away):

- Stand up. Stretch your arms above your head.
- Bilateral stimulation: tap alternating shoulders, slowly, for thirty seconds
- Hum a single note for as long as one breath lasts. Repeat three times.

For mixed states (agitated and exhausted):

- Lie flat on the floor for two minutes
- Press your palms together hard, then release. Repeat five times.
- Drink a glass of water slowly, paying attention to swallowing

The interrupt isn't supposed to feel transformative. It's supposed to *change the channel* enough that you can choose the next thing.