

Pocket Help Card

Cut out one card along the dashed line and fold it in the middle. It will be about the size of a credit card. These numbers are for the United States.

WHEN IT'S ALL TOO MUCH

911 for chest pain, severe trouble breathing, fainting, or immediate danger of hurting yourself. Call first. No exercises.

988 Suicide & Crisis Lifeline: call or text, 24/7

Domestic Violence Hotline 1-800-799-7233 · text START to 88788

Not urgent but can't wait: your doctor's after-hours line, a nurse line, or urgent care

NOT AN EMERGENCY, BUT TOO MUCH? PICK ONE.

- **Look around** and quietly name five things you see.
 - **Feel your feet** and press them into the floor for a moment.
 - **Breathe out a little longer** than you breathe in. No counting.
 - **Change the input:** open a window, run water over your hands.
 - **Interrupt:** "I'll call you back in ten minutes."
 - **Call someone** you don't have to perform for.
- Stop** if you feel dizzy, it gets harder to breathe, or the fear gets stronger.

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This card can't replace a doctor or therapy. It's for the ten minutes when you'd otherwise have nothing.

INTRODUCTION

Your Starting Point

Answer the questions for the **past 7 days**. There are no right answers. This isn't a diagnosis either, just a snapshot of where you're starting. In four weeks, you can compare.

1. How much did tension get in the way of your daily life?

0 = not at all · 5 = moderately · 10 = very much

0 1 2 3 4 5 6 7 8 9 10

2. When something upset you: How hard was it to settle down again?

0 = not hard at all · 5 = moderately hard · 10 = very hard · or: didn't come up

0 1 2 3 4 5 6 7 8 9 10

3. What situation would you like to experience differently?

One sentence is enough.

Date:

After four weeks

Answer questions 1 and 2 again for the past 7 days.

Question 1 – four weeks ago:

now:

Question 2 – four weeks ago:

now:

Noticing

One line per day is enough. Gaps are fine. **Result:** h = helpful · n = neutral · u = unpleasant · **Tension** before / after: 0 = none · 10 = worst imaginable (optional)

Day	Tool / test run	Result	Tension before / after	Note
1	Alarm Map	h · n · u	___ / ___	
2	① Orienting	h · n · u	___ / ___	
3	② Long Exhale	h · n · u	___ / ___	
4	① or ② in daily life	h · n · u	___ / ___	
5	What fits you?	h · n · u	___ / ___	
6	Repeat or pause	h · n · u	___ / ___	
7	Look back	—	—	

I skipped this week: _____

Making Recovery Possible

One line per day is enough. Gaps are fine. **Result:** h = helpful · n = neutral · u = unpleasant · **Tension** before / after: 0 = none · 10 = worst imaginable (optional)

Day	Tool / test run	Result	Tension before / after	Note
1	③ Movement Break	h · n · u	___ / ___	
2	③ without anyone noticing	h · n · u	___ / ___	
3	④ Evening Transition	h · n · u	___ / ___	
4	④ with obstacles	h · n · u	___ / ___	
5	My transition	h · n · u	___ / ___	
6	Repeat or pause	h · n · u	___ / ___	
7	Look back	—	—	

What disrupts my evening the most: _____

Not Everything, Not Today

One line per day is enough. Gaps are fine. **Result:** h = helpful · n = neutral · u = unpleasant · **Tension** before / after: 0 = none · 10 = worst imaginable (optional)

Day	Tool / test run	Result	Tension before / after	Note
1	⑤ Cross Off	h · n · u	___ / ___	
2	⑤ Hand Off completely	h · n · u	___ / ___	
3	⑥ Ask Clearly	h · n · u	___ / ___	
4	Saying no or not yet	h · n · u	___ / ___	
5	One thing that isn't mine	h · n · u	___ / ___	
6	Repeat or pause	h · n · u	___ / ___	
7	Look back	—	—	

Crossed off or handed off: _____

Your Own Plan

One line per day is enough. Gaps are fine. **Result:** h = helpful · n = neutral · u = unpleasant · **Tension** before / after: 0 = none · 10 = worst imaginable (optional)

Day	Tool / test run	Result	Tension before / after	Note
1	⑦ Rough-Day Plan	h · n · u	___ / ___	
2	⑦ for everything at once	h · n · u	___ / ___	
3	How am I actually doing?	h · n · u	___ / ___	
4	⑧ Weekly Check-In	h · n · u	___ / ___	
5	My top tools	h · n · u	___ / ___	
6	First Weekly Check-In on my own	h · n · u	___ / ___	
7	Look back before / after	—	—	

My top tools: _____

The List of Things That Aren't Happening Today

Date: _____

Write down everything that's on your plate. Then sort each item into a column.

Cross off	Postpone	Simplify	Hand off (to whom?)

What happened when it didn't happen?

My Rough-Day Plan

Think of situations that are hard for you again and again. Write one sentence for each: **If** [situation], **then** [one small step]. Make the step small enough that you can manage it even on a bad day.

If _____

then _____

If _____

then _____

If _____

then _____

Who I call: _____

Number: _____

What I cross off on days like that: _____

If I am in immediate danger of harming myself: call 911 right away. Do not wait for an exercise or for someone to be free to talk.

My Weekly Check-In

On Sunday, about five minutes. If you only have one minute: What did me good this week?

Week of: _____

1. What was helpful, neutral, unpleasant?

2. What will I keep doing?

3. What will I cross off, simplify, or hand off?

4. Which day will be hard? What is my plan for it?

My Plan on Half a Page

Fill it in and put it where you will see it. Or take a photo of it.

My top tools:

My most important if-then sentence: If

then

Things I hand off or cross off:

My Weekly Check-In is on:

Who I call when it gets to be too much:

In immediate danger: 911 · Crisis Lifeline: 988

These printables go with the book “Not Everything, Not Today: A 4-Week Nervous System Regulation Workbook for Women Who Are Always On” (Callidus A&M, 2026). Free to copy for personal use. They are not a substitute for medical or mental health care. callidus-am.de/not-everything-today