Emotional First Aid Kit – Wallet-Card

- **Print this sheet, cut out your emergency card and fold it.**
- **Write down the places that make you feel safe and the people with whom you have safe contact. - Who or what could support you in a crisis?**
- **Carry the card in your wallet, purse or cell phone case.**

Emotional Flashback - First Aid

- **Acknowledge:** "I'm having an emotional flashback right now!"
- **Neutral Observer / Responsible Adult:** "I will observe what is happening inside me with curiosity. - I will take care of myself!"
- **Calming Mantra:** "I am safe now. This will pass."
- **Establish Safety & Communicate:** Move or change location if necessary – "I need a moment to feel safe. I'll be back."
- **Emergency Brake:** Press your knees inward with your arms, while pushing the knees outwards. Hold the tension until it feels strenuous. Keep breathing.
- **Breathing:** Longer exhale than inhale (e.g., 8 sec out, 3 sec in).
- **Self-Care:** Put a hand on your heart or belly.
- **Grounding in Reality:** 5-4-3-2-1 sensory exercise

Safe Places

Safe People

5-4-3-2-1 Sensory Grounding in Reality

Connect to your external environment through your 5 senses:

- **See something 5x** (e.g., a tree, a cup).
- **Touch & Sense sth. 4x** (e.g., your sleeve, a chair).
- **Hear sth. 3x** (e.g., sound of birds, traffic noise, your own breath).
- **Smell sth. 2x** (e.g., flower, essential oil, perfume).
- **Taste sth. 1x (**e.g. a sip of water, chewing gum).

Notice and acknowledge each item and say it out loud. (e.g. "I see the glass", "I hear the noise of the cars outside", …)

Go through each sensory channel – then repeat as needed.

Second card for your own notes – if needed.

My Individual Mantra

My Emergency Plan & Phone Numbers