rumyoniq.



FREE FOR YOU

Emergency card for your nervous system.

When everything gets too much: five steps, five minutes.

1 2 3 4 5

Racing heart, spinning thoughts, a blank mind: this is not failure. It is your nervous system trying to protect you. This card helps you get your feet back on the ground in those moments. Print it, keep it by your bed or take a photo of it on your phone.

RUMEYSA MISIR · RUMYONIQ.DE

01

The 5 steps

1

Stop and ground

Place both feet firmly on the floor. Press them down for 10 seconds. Feel that something is holding you.

2

Breathe out long

In for 4 seconds, out for 6. Six rounds make one minute. The long exhale tells your body: you are safe.

3

5-4-3-2-1

Silently name 5 things you see, 4 you hear, 3 you feel, 2 you smell, 1 you taste.

4

Name it

Tell yourself: “My system is on alarm right now. This is a protective response. It will pass.”

5

One small step

Drink a glass of water, open a window or text someone you trust. Just one step, nothing more.

Emergency card

1. Feet on the floor
2. In 4, out 6, six rounds
3. 5-4-3-2-1
4. “It is alarm. It will pass.”
5. One small step

Acute crisis: call 112 (EU) or your local emergency number

- - - Cut out and keep in your wallet - - -

02

Which state is it right now?

Alarm

Racing heart, restlessness, rushing thoughts, everything feels urgent.

Helps: long exhales, movement, cold water on your wrists.

Freeze

Emptiness, numbness, you just function, nothing gets through.

Helps: gentle movement, warmth, holding something solid.

Regulation

You breathe more calmly, think clearly and feel connected.

Remember: this is what safe feels like. You can find your way back here.

My anchors

A person I can call:

A place that calms me:

A sentence that helps me:

If you notice it keeps coming back.

There is often a pattern behind it that can be worked on. Let's find out in a free intro call (25 minutes via Zoom) what helps you.

rumyoniq.de/en/kontakt.html

This card does not replace medical or psychotherapeutic treatment. In an acute crisis call 112 (EU), your local emergency number or a crisis line in your country. © Rumeysa Misir, rumyoniq. For private use, sharing with friends is explicitly allowed.