

**Emergency Reboot.** Most helpful strategies to use *'anytime – anyplace - anywhere'*.

**My 30 second activities.** Choose several different ones so they're ready for when you need them.

**My 3-minute activities.** Choose a range of calming, connecting, distraction and movement activities.

**My daily 30-minute activity.** Try to do at least one relaxing or fun thing a day, more if you can.

**My weekly luxury 30-minute activity.** Try to do this at least once a week or more often if you can.

**Looking after myself.** Include different ways to help you stay healthy: sleep, diet and exercise.

**People to contact if I feel overwhelmed.** Include helplines and professional support if needed. Write their name, number and times you can phone them such as *'any time'* or *'9-5'*.