

ACTIVE

EMERGENCY PROTOCOL

WHEN YOU FEEL THE PULL

THE URGE IS AUTOMATIC. YOU DO NOT HAVE TO FOLLOW IT.

PAUSE.

WAIT 10 SECONDS. CHOOSE ONE ACTION BELOW:

DO ONE OF THESE:

- STAND UP AND CHANGE ROOMS.
- TAKE 5 SLOW BREATHS.
- DRINK A FULL GLASS OF WATER.
- STEP OUTSIDE FOR 2 MINUTES.
- DO 10 PUSHUPS OR 20 SQUATS.
- WRITE ONE SENTENCE ABOUT WHAT YOU'RE AVOIDING.
- SOLVE A QUICK PUZZLE (CROSSWORD, WORD SEARCH).
- SEND AN INTENTIONAL MESSAGE.
- START A SMALL TASK YOU'VE DELAYED.

NO SCROLLING. NO SUBSTITUTIONS.

THE URGE PEAKS. THEN FADES.
INTERRUPT IT ONCE. YOU REGAIN CONTROL.