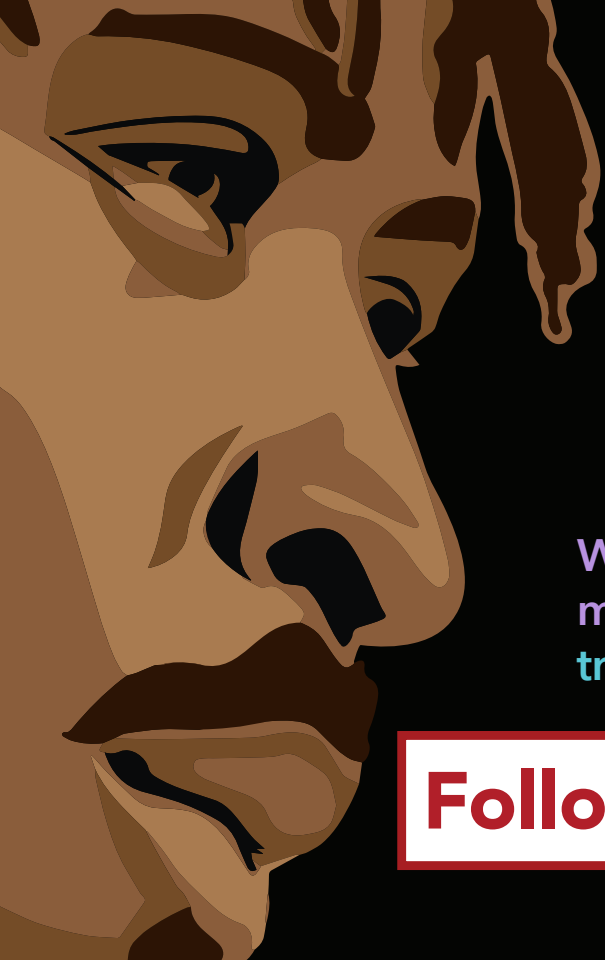




...CONFLICT?  
...DRAMA?  
...ANXIETY?

# WHAT TO DO IN A CRISIS

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What do you do right then, in that moment, if you are experiencing trauma or a crisis?

**Follow These Steps:**

## STEP 1 SLOWING UP TO CALM DOWN

### BREATHE, THINK, GATHER YOUR THOUGHTS, DON'T REACT

- Pause, Take 5 to 10 Slow, Deep Breaths
- Step Away from the Situation...to Regroup and Stay Safe

## STEP 3

### STILL BOTHERED?

### IT'S TIME TO GET ANOTHER PERSPECTIVE

- Seek Out Someone Who You Trust and Will Be Honest With You
- Get Advice from an Ally or Old-Head You Know Cares About You
- Talk With a Friend Who Listens to You But Doesn't Judge You

## STEP 2

### AS SOON AS POSSIBLE

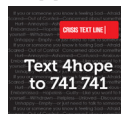
### GO TO YOUR SOURCES OF STRENGTH

- Writing Down Your Thoughts and Feelings (i.e., Journaling, Drawing, Poetry)
- Listening to Music or Watching Comedy That Makes You Happy or Feel Better
- Reading Lyrics, Spoken Word or Prayers That Lift Your Spirits
- Taking a Short Walk, Exercising or Even Meditating

**Follow P4L for More Ways to Cope During Trauma or a Crisis!**



**Connect 4 Support...**



You are not alone.

**PHILLY 4 LIFE**

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