

# If-Then Cards

Simple plans that trigger helpful actions in tricky moments.

## 1 • Breathe

If I feel overwhelmed, then I will pause, inhale for 4, exhale for 6, for one minute.

## 2 • Grounding

If my thoughts race, then I will name 5 things I can see and 4 I can touch.

## 3 • Movement

If I am low on energy, then I will take a 5 minute walk or do 10 gentle squats.

## 4 • Support

If I am stuck on a task for 15 minutes, then I will message a colleague or friend for input.

## 5 • Sleep cue

If it is 22:30, then I will dim lights, put phone away, and start my wind down routine.

## 6 • Nutrition

If I skip a meal, then I will prepare a simple protein and veg option before the next task.

## 7 • Boundaries

If a request is not urgent, then I will say: "I can do this tomorrow by 3pm."

## 8 • Self compassion

If I make a mistake, then I will note one lesson and speak to myself as I would to a friend.