

REWIRED Relief Toolkit

Crisis-Focused Tools for Nervous System Regulation

5-4-3-2-1 Grounding Technique

When you're overwhelmed, anxious, or dissociating, this technique brings you back to the present moment.

Name out loud:

- 5 things you can SEE
- 4 things you can TOUCH
- 3 things you can HEAR
- 2 things you can SMELL
- 1 thing you can TASTE

Box Breathing

A simple breathwork practice to calm your nervous system in moments of panic or craving.

Steps:

1. Inhale through your nose for 4 counts
2. Hold your breath for 4 counts
3. Exhale through your mouth for 4 counts
4. Hold empty for 4 counts
5. Repeat 4-5 times

RAIN Practice

Use this when a craving or trigger hits.

R - Recognize: "I'm having a craving."

A - Allow: "It's okay to feel this way."

I - Investigate: "Where do I feel this in my body? What do I actually need right now?"

N - Nurture: "What would I say to a friend feeling this way?"

Emergency Contact Card

Fill this out NOW and keep it with you:

Sponsor/Accountability Partner: _____

Therapist: _____

Safe Friend: _____

Crisis Hotline: 988 (Suicide & Crisis Lifeline)

SAMHSA Helpline: 1-800-662-4357