

# 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