



CHECK-LIST

***QUICK TECHNIQUES FOR
MOMENTS OF CRISIS***

1



Deep breathing: Take a deep breath in through your nose and out through your mouth, focusing on breathing slowly.

Use this technique whenever you feel overwhelmed by racing thoughts.

2



5-4-3-2-1 Anchoring Technique: List 5 things you see, 4 you can touch, 3 you can hear, 2 you can smell, and 1 you can taste.

Use this technique when you find yourself in an anxiety-provoking environment.

3



Quick Move: Leave your current surroundings, if possible, for a quieter location.

Ideal for when an argument at work or at home starts to upset you.

4



Quick stretches: Stretch your arms, neck and legs to release tension.

Perfect after long hours in front of the computer.

5



Cold Water on Your Face: Rinse your face with cold water to reduce the physical symptoms of anxiety.

Use it whenever you feel your face or hands sweating due to nervousness.

6



2-minute meditation: Close your eyes and focus only on your breathing.

It's ideal for rebalancing before an important meeting.

7



Power Pose: Stand with your spine straight, feet shoulder width apart, and hands on your hips.

Do this before presentations or any situation where you need confidence.

8



Pleasant thought: Focus on a happy moment or something you enjoy.

Ideal when negative thoughts start to invade your mind.



9



Free writing: Write down everything you feel on a piece of paper, without filter.

Do this when you feel confusing emotions that seem “stuck” inside you.

10



Self-hug: Cross your arms over your chest and give yourself a light hug.

Use this technique when you feel emotionally shaken.

11



Soothing Music: Listen to music that soothes you.

Ideal for stressful times at work.

12



Get outside: Go to an open space, breathe some fresh air.

Ideal for short breaks during a stressful day.

13



Guided Visualization: Imagine a place where you feel safe.

Use this technique when you feel threatened or afraid.

14



Drink a calming tea: Drink chamomile or lemon balm tea to relax.

Ideal for calming down before bed.

15



Organize a space: Choose a corner and tidy it up.

Handy when you're mentally overwhelmed and need to clear your mind.

16



Brisk walking: Walk for 5 to 10 minutes to relieve physical and mental tension.

Use it whenever you feel stuck in repetitive thoughts.



17



Touch technique: stroke a soft fabric or an object you like.

Ideal when physical anxiety begins to set in.

18



Neck stretch: Gently tilt your head to the sides.

Ideal for releasing accumulated tension after a long day.

19



Child's Pose (Yoga): Kneel with your forehead on the floor and your arms outstretched.

Do this when you need a mental break.

20



Forced Smile: Force a smile, releasing endorphins.

Useful when you are irritated and need to relieve tension.

21



Pay attention to what is in your control: Quickly list what you can control.

Ideal when you feel helpless in a situation.

22



Count slowly to 10: Count slowly to ten, concentrating on the count.

Use when nervousness or anger begins to get the better of you.

23



Gratitude List: Think of three things you are grateful for.

Ideal when feelings of dissatisfaction or sadness arise.

24



Hand Movement: Close your hands and open them, releasing physical tension.

Do this when you are anxious in a line or while waiting.

25



Contact with nature: Observe plants or a green landscape.

Use it whenever you feel disconnected from your surroundings.





26



**Transform negative thoughts into neutral thoughts:
Replace “I can’t” with “I’m trying.”**

Ideal for times when self-criticism arises.

27



**Positive Affirmative Repetition: Choose a positive
phrase and repeat it.**

Excellent for times of low self-confidence.



28



Analysis of real and possible fear: Ask yourself if the threat is really imminent.

For use in situations of extreme concern.

29



Hot Water Immersion: Place your hands or feet in warm water.

Ideal for relaxing after a long, stressful day.

30



Thank yourself: Mentally thank yourself for dealing with the situation.

Ideal for times when you need internal support.

31



Plan a small goal: Think of something small you can do right now.

Perfect for when you feel paralyzed by a big task.

Essas dicas são simples e adaptáveis, criando um bônus direto e fácil de usar, ajudando a aliviar crises em diferentes situações do dia a dia.