

Emotional Flooding First Aid

A Quick Reset Tool for Overwhelm

When emotions surge and your body floods, use this sequence to regain steadiness.

Step 1 - Signal a pause.

"I'm emotionally flooded. I need a short reset."

Step 2 - Create physical space.

Sit down, lean back, or steady yourself against something solid.

Step 3 - Slow your breathing.

Inhale for 4, exhale for 6. Repeat for one minute.

Step 4 - Release tension.

Drop your shoulders. Relax your jaw. Unclench your hands.

Step 5 - Return only when your heart rate slows.

"Okay - I'm ready to re-engage calmly."

Grounding Tools

Use one or more of these when overwhelmed:

- Name five things you can see
- Name four things you can touch
- Name three things you can hear
- Name two things you can smell
- Name one thing you can physically feel

Additional regulation prompts:

"This wave will pass."

"I can stay grounded in this moment."

"Slowing down helps us stay connected."

Re-Entry Phrases

Use these when you are ready to continue:

"Thank you for giving me space. I'm steady enough now."

"I was overwhelmed, not disconnected."

"Here is what I was feeling underneath the flood..."

"I want to understand you. Let's restart gently."

Re-entry tips:

- Keep your tone soft
- Slow your pace
- Stay curious rather than defensive

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