



# Crisis Management Guide

*Where science meets heart in your journey to authentic wellbeing*

A crisis is a temporary state of intense distress where your usual coping strategies feel insufficient. This guide is designed to help you navigate these moments safely. Crises pass. You can get through this.

## Warning Signs

Recognise when you may need additional support:

- Feeling unable to cope with daily tasks
- Thoughts of harming yourself or others
- Overwhelming panic, fear, or hopelessness
- Feeling disconnected from reality
- Unable to sleep, eat, or care for yourself
- Using substances to cope more than usual

**If you ticked any of these:** please reach out to someone you trust or a crisis service.

## Immediate Grounding: 5-4-3-2-1

When overwhelmed, anchor yourself using your senses:

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

## **In-the-Moment Strategies**

- Focus only on the next few minutes, not hours or days
- Use cold water on your face to activate your dive reflex
- Move to a different physical space if possible
- Reach out to someone, even just to sit with you
- Remove access to anything you could use to harm yourself

## **After the Crisis Passes**

- Rest and be gentle with yourself; recovery takes energy.
- Reflect on what helped and what you might do differently next time.
- Consider creating a safety plan for future difficult moments.
- Reach out to a professional to process the experience.

## **UK Crisis Resources**

- **Samaritans:** 116 123 (24/7, free)
- **Crisis Text Line:** Text SHOUT to 85258
- **NHS Urgent Help:** 111, option 2
- **CALM:** 0800 58 58 58 (5pm-midnight)
- **Papyrus (under 35):** 0800 068 4141

**Remember:** Crises are temporary, even when they feel permanent. You have survived difficult moments before. Reaching out for help is brave, not weak. You deserve support.

*Asking for support is a sign of strength.*

[www.thehonestjourney.co.uk](http://www.thehonestjourney.co.uk)