



# NERVOUS SYSTEM RESCUE KIT:

*What Do You  
Need Right Now?*



**Your 2-Minute Parent  
Survival Tools**

When your child is losing it and your whole body tenses...

You don't need to be perfect. You just need a tool that works—fast.

This mini toolkit helps you calm your brain and body in 2 minutes or less.

No yelling. No shutdown. Just small actions that shift the storm.



**Choose what you  
need in the moment**



**Choose one.  
Then try the matching tool below.**



**If You Need...**

**Do This**

**Why It Works**



**Calm**

**Box Breathing**

Inhale 4, hold 4, exhale 4, hold 4. Repeat.

Slows heart rate and turns off the stress response. Signals the brain that you're safe.



**Grounding**

**5-4-3-2-1  
Sensory Check-In**

Name 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.

Pulls you out of spiraling thoughts and into the present. Great for stopping panic.



**Release**

**Shake It Off**

Stand and shake your hands, arms, legs, whole body for 15 seconds.

Clears adrenaline and pent-up tension. Helps discharge stress energy quickly.



**Control**

**Tapping (EFT)**

Gently tap between eyebrows, on collarbone, or side of hand while saying a calming phrase.

Stimulates calming acupressure points. Gives the mind something to focus on.



**Connection**

**Heart Hug**

One hand on your heart, one on your belly. Breathe deeply.

Activates the vagus nerve, calms the heart, and builds felt safety—instantly.

**TIP:**

Post this on your fridge or bathroom mirror.  
Use it before you dysregulate.  
Even just 2 minutes with one tool can help you stay calm, grounded, and present with your child.

