

Coping Quickstart Card

When things feel overwhelming, start small. You are not broken. You are responding to stress.

1. Crisis Stabilization (Right Now)

- Put both feet flat on the floor.
- Breathe in for 4 seconds, out for 6.
- Lower lights or reduce noise.
- Drink water.
- Remove one demand.

2. Sensory & Regulation Support

- Move your body (stretch, walk, shake).
- Use a familiar comfort item.
- Eat a safe or preferred food.
- Stim or fidget without shame.
- Sit near someone without pressure to talk.

3. Environmental Adjustment

- Adjust workload or timing.
 - Ask for written communication instead of phone calls.
 - Create a quieter or dimmer space.
 - Break tasks into smaller steps.
 - Delay non-urgent decisions.
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Coping scales. From breath to policy.

If these tools help, they exist because disabled and neurodivergent people built them together. Care is infrastructure.