



Getting Through Difficult Moments

MIRROR HEALTH · VIRTUAL PSYCHIATRY

Ride the wave

Strong feelings rise, peak, and pass on their own, often within minutes — you don't have to fix the feeling or act on it. These skills help you stay steady and ride the wave until it settles

Skills to try in the moment

Slow your breathing	breathe out longer than you breathe in for a few minutes, which signals your body to settle
Ground in your senses	name what you can see, hear, feel, smell, and taste in the moment
Move your body	a brisk walk, stretching, or a few minutes of activity to burn off the surge
Shift your attention	a puzzle, a task, a show, or music absorbing enough to occupy your mind
Soothe yourself kindly	a warm drink, a soft blanket, a favorite song — treat yourself as you would a good friend
Reach out	text or call someone safe, even just to have company while it passes

My plan for the next difficult moment

Early signs I am heading there

Skills I can use

People I can reach out to

Reasons to get through it

If you are in danger or thinking of harming yourself

call or text 988 (Suicide & Crisis Lifeline) or call 911 — help is available any time

If you're a Mirror Health patient and want to go over it together, you can share it through the secure Charm patient portal or bring it to your next visit

This worksheet is an educational tool, not a substitute for professional care, diagnosis, or treatment, and using it does not create a provider–patient relationship. If you are in crisis, call or text 988, or call 911.

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