

SAWUBONA ICU

Interrupt. Calm. Understand.

A simple self-guided reset for moments of overwhelm

You do not have to solve your whole life in this moment. Come back to now and find the next helpful step.

1 INTERRUPT

Pause the spiral. Put both feet on the floor. Say: 'I am overwhelmed right now. I do not have to solve everything in this moment.' Count slowly from 10 to 0.

2 BREATHE

Breathe in through your nose for 4 and out for 6. Repeat for five gentle breaths. Ask: 'Can I soften my shoulders, jaw and hands?'

3 GROUND

Come back to now: 5 things you see, 4 you feel, 3 you hear, 2 you smell and 1 you taste or appreciate.

4 NAME IT

Name what is present more precisely. Worried, frustrated, afraid, angry, disappointed, exhausted, uncertain or lonely? What might the feeling be telling you that you need?

5 SORT IT

What can I CONTROL? What can I INFLUENCE? What is OUTSIDE BOTH and can be put down for now?

6 FIND YOUR +1

What one small thing would make the next hour slightly easier? Water, fresh air, food, one call, one task, rest or asking for help.

7 NOTICE

What is still okay? What remains available to me? This is not forced positivity. It is remembering that the problem is not the whole picture.

8 CONNECT

Do I need to carry this alone? Try: 'I feel overwhelmed. You do not need to fix it. Could you listen for a few minutes?'

THE SAWUBONA ICU RESET

INTERRUPT > BREATHE > GROUND > NAME > SORT > +1 > NOTICE > CONNECT

Pause. Settle. Understand what is happening. Choose the next helpful step.

A SAFETY NOTE

If you feel unsafe, cannot cope, or might harm yourself or someone else, this self-guided tool is not enough. Stay with someone if possible and contact emergency or urgent professional support in your country.