

# Brain buzzing? Choose a stim option!

1

**CAN YOU DISCREETLY  
STIM WITHOUT LEAVING  
YOUR SPOT?**

**YES**

**NO**

## **TRY A LOW-PROFILE STIM**

- Tap fingers
- Squeeze fidget band
- Bounce feet lightly
- Snap fingers quietly

**GO TO STEP 2**

2

**CAN YOU STEP ASIDE  
SAFELY FOR A SHORT  
BREAK?**

**YES**

**NO**

## **TAKE A 1-2 MINUTE STIM BREAK**

- Stretch
- Use a fidget tool
- Pace
- Do deep breathing

**GO TO STEP 3**

3

**DO YOU NEED SUPPORT  
FROM YOUR COACH?**

**YES**

**NO**

## **USE A PREPARED RESPONSE**

“I need two minutes to  
reset,” or a signal you’ve  
agreed on.

## **TRY MENTAL GROUNDING**

- Count objects
- Take slow breaths
- Feel the ground  
beneath your feet

**Return to practice feeling more  
regulated and focused!**