Vitamins and *first aid.*

Small things you do regularly to build capacity, and quick tools for when you start to overflow.

PROACTIVE COPING

Vitamins

When: Regularly, on good days and hard days.

What it does: Calms your baseline and widens your window, so stress has more room.

- Regular exercise
- Mindfulness
- Meditation
- Body scans
- Sleep routine
- Regular meals and water
- Time outdoors
- Safe people
- Special interests
- Stimming
- Unmasking time

Best when regular: a little most days builds more than a lot once in a while.

REACTIVE COPING

First aid

When: In the moment, as distress starts rising.

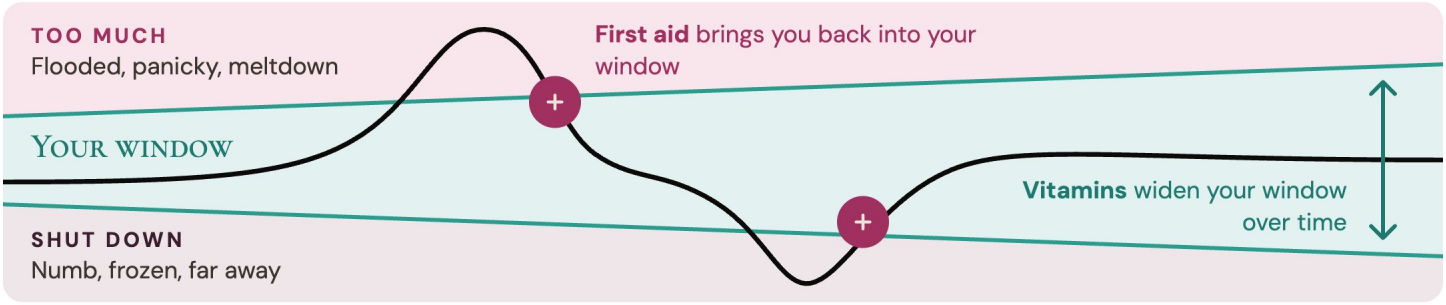
What it does: Interrupts the spiral and brings your nervous system back into your window.

- Cold water or ice
- Sour or spicy taste
- Intense movement
- Paced breathing
- Tense and release muscles
- 5-4-3-2-1 grounding
- Deep pressure
- Less input
- Stimming or rocking

From DBT, TIPP: Temperature, Intense exercise, Paced breathing, Paired muscle relaxation.

Your window of tolerance

Where you can think, feel and respond without flooding or shutting down.



How this can look for ND brains

The cup fills faster
Sensory, masking and social load add up, so vitamins matter even more.

Signals can arrive late
Many ND people notice distress late. Mapping early body cues helps.

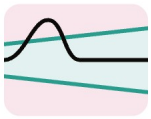
Meltdowns are not choices
They are nervous-system responses. Plan first aid that is sensory and needs few words.

Your coping can look different
Stimming, special interests and alone time are coping. Common advice may not fit.

Try this week: pick one easy vitamin to build in, and plan one first-aid tool on a calm day.

Continued on back: go deeper →

Build *your kit.*



Take these slowly: on your own, in a session, or with someone you trust. There are no wrong answers, and "I'm not sure yet" counts.

1 *Which vitamins already help me, even a little? When do I tend to let them slide?*

2 *What would make one vitamin easier to keep: more visible, predictable or fun?*

3 *What are my earliest signs that my cup is filling up, in my body, thoughts or behaviour?*

4 *When I am overwhelmed, which first-aid tools help most? Which ones need no words?*

5 *What do I want the people around me to do, or not do, when I am flooded?*

Plan your first aid on a calm day. When you are flooded, words and choices can go offline, so a ready list on your phone or a card in your bag does the thinking for you. And yes: stims, special interests and alone time all count as coping.