The LAND Check

Four quick checks for when you're running low. A shorter, SOLA-made take on DBT's ABC PLEASE, for days when eight letters is too many.

L

Listen to your body

What does my body need?

Pain, missed meds, too hot or cold, bathroom, sensory overload.

A

Add fuel

When did I last eat and drink?

Fed is best. A safe food, a snack or a glass of water counts.

N

Nap & rest

Do I need sleep, rest or less input?

Lie down, dim the lights, headphones on. Rest counts.

D

Do one good thing

What small thing would help?

Something joyful, a tiny win, or a few minutes of movement.

Run it top to bottom in about a minute. Body first, because emotions can be hard to name when your body's signals are loud.

WHEN TO USE IT

- You feel off and can't name why
- Before something hard, like a meeting or a big call
- At the end of the day, as a gentle reset
- **LAND ahead:** plan tomorrow's L, A, N and D tonight

WHERE IT COMES FROM

- L ← Physical illness, mood-altering substances
- A ← Balanced eating
- N ← Balanced sleep
- D ← Accumulate positives, build mastery, exercise

Cope ahead lives in "LAND ahead."

LAND is a SOLA tool inspired by ABC PLEASE (Linehan, 2015, *DBT Skills Training Manual*, 2nd ed.). It hasn't been studied as a skill of its own. Educational only.

My LAND Check

Fill in your go-tos now, so future you doesn't have to think.

L — Listen

MY BODY SIGNALS TO CHECK	LOW-BATTERY VERSION

A — Add fuel

MY SAFE & EASY FOODS	NO-COOK VERSION

N — Nap & rest

WHAT HELPS ME REST	LESS-INPUT VERSION

D — Do one good thing

MY SMALL GOOD THINGS	TWO-MINUTE VERSION

LAND Ahead

Tomorrow's hard thing: _____

L
I'll check...

A
I'll bring or eat...

N
I'll rest before or after by...

D
My good thing after:

After a LAND check, what did I notice in my body or mood?