

Wallet Reminder Card with SOBER Breathing Space

Side One

Side Two



<p>Reasons to Stay Sober</p> <ul style="list-style-type: none">••••	<p>SOBER Breathing Space</p> <ul style="list-style-type: none">• Stop: Pause wherever you are• Observe: Notice what is happening right now• Breath: Direct focus to your breathing• Expand your awareness to include a sense of the body as a whole• Respond with awareness, ask yourself what is needed
<p>Warning Signs of Relapse</p> <ul style="list-style-type: none">••••	<p>Alternate Activities/Plans</p> <ul style="list-style-type: none">••••
<p>Contact Numbers</p> <ul style="list-style-type: none">••••	<p>How can they support me?</p> <ul style="list-style-type: none">••••