Transition pause and practical next action

Purpose and choice: choose one manageable action between tasks. Choose direct action or help when a pause is unnecessary, distracting or too demanding. No exercise needs to come first.

Steps

1. Stop an optional task briefly if safe and workable. Stay in a familiar comfortable position.
2. If you want a pause first, use one familiar card that already fits you. You can skip this step and leave breathing alone.
3. Ask, “What is the next manageable action?” It may be a task, deferral, help, rest or healthcare.
4. Choose that action, or leave the decision for later if nothing extra is manageable. Finish the sequence.

Starting amount: one brief decision, with no required time. If using another card, follow that card's amount and stop guidance; do not combine the practices into a longer routine.

Adaptation: ask someone to help with a practical decision or request. “Which task takes priority?” and “Could you handle the errand?” are complete next actions. No-practice and no additional task are available.

Stop: end the sequence if it creates distress, strain, excessive checking or a distracting demand. Keep attention available for driving, machinery, traffic and other safety needs. If a situation is unsafe, seek protection or help.

Help: call your local emergency service for severe breathing difficulty; a tight or heavy chest; sudden chest pain that persists, spreads to an arm, back, neck, jaw or stomach, or comes with sweating, nausea, light-headedness or breathlessness; unusually pale, blue or grey lips or skin; sudden confusion; or sudden facial drooping, arm weakness or speech difficulty, even if these stroke signs stop. Do not drive yourself or delay help for this card. These are examples, not a complete list. [13 to 15]

Sudden, unexpected breathing difficulty needs immediate medical help. Other new or worsening breathlessness needs urgent medical advice. Do not assume the practice explains symptoms. [13, 22]

If you cannot keep yourself safe, seek emergency help now. Chapter 10 gives fuller support guidance.

Check: was the pause comfortable enough and useful for the decision? Include noticeable later effects if relevant. No useful answer means you can Pause rather than search harder.

Keep if comfortable enough and useful. **Adapt** one detail only if wanted after ending the trial. **Pause** when uncertain, uninterested or out of capacity. **Stop** for discomfort, worsening or preference, with no obligation to retry.

Evidence and limits: a practical decision aid, not a validated treatment or direct nerve-stimulation protocol. Chapter 8 develops situations and requests; Chapter 10 and Appendix G cover support.