COMPANION KIT

The quick start

If you read one page, read this one. Nothing in this kit is graded. Use what helps and skip the rest.

1. **Choose a time and a place.** Put it in your calendar.
2. **Set a timer for five minutes.** Start at Level 1, almost nothing: a chore or a slow walk with nothing playing.
3. **Put your phone in another room.**
4. **Let thoughts come.** Do not steer them or score the session.
5. **If you are replaying the same thing and your mood is dropping, stop.** Stand up and move.
6. **Do this once a day for four days, then twice a day.**

The three levels

Level	What you do
1. Almost nothing	An undemanding activity with no goal: dishes, folding laundry, a slow walk without a destination.
2. Seated, eyes open	Sit by a window or in a chair you like. Look at whatever is in front of you. Nothing to read, listen to or do.
3. Eyes closed	Sit or lie down in a quiet room with your eyes closed. Optional, and the hardest for a racing mind.

A two-week ramp

Days	How often	How long	Level
1 to 4	Once a day	5 minutes	1
5 to 8	Twice a day	5 minutes	1 or 2
9 to 14	Twice a day	10 minutes	2, or 3 if you want it

On day fourteen ask one question: is it getting easier? If yes, keep going. If not, stay at five minutes, stay at Level 1, or stop. Stopping is a legitimate result.

If you are in the first weeks of a loss, read Chapter 3 before you use any of this. This kit is not medical advice. If low mood lasts for weeks, or the days feel unlivable, talk to a doctor, a therapist or someone you trust. In Canada or the US, call or text 988.