

The Irritability Reset Card™

Create a little space between the feeling and what you do next.



Irritability can be a signal that your capacity is stretched.
The goal is not to erase the feeling. It is to respond with more choice.

1



1 PAUSE THE REACTION

If possible, wait before sending the message, answering sharply or making a decision.



Try:
"I need a moment
before I respond."

2



2 LOWER ONE SOURCE OF INPUT

Turn down noise, step away from the screen or move to a quieter space.

3



3 CHECK WHAT IS ADDING STRAIN

- | | | |
|----------------------------------|---------------------------------|---|
| ☐ Hungry | ☐ Tired | ☐ Overheated |
| ☐ In pain | ☐ Rushed | ☐ Overstimulated |

4



4 NAME WHAT YOU ACTUALLY NEED

SPACE



HELP



CLARITY



A BOUNDARY



My need right now is: _____

5



5 CHOOSE THE RESPONSE



RESPOND NOW

I can speak calmly
and clearly.



RESPOND LATER

I need time before
continuing.



LET IT GO

This does not need
more of my energy.

Useful Words When You Need Them

"I want to talk about this,
but I need a little time first."

"I can help,
but I cannot do that today."

"Can you tell me exactly
what you need from me?"



Look for the Pattern

Irritability tends to feel strongest when: _____
What helps most: _____



Gentle Reminder

Irritability may be affected by hormonal shifts, sleep, stress, pain, medications, health changes and life circumstances.



Martine's Midlife Wellness Tip

A pause does not cancel the conversation. It gives you a better chance of saying what you mean.



Discuss new, persistent or difficult-to-manage mood changes with a healthcare or mental health professional.

