

- Try alternative nostril breathing (close when while you breathe through the other and switch)
- Reality check: what's your name? where were you born? Where do you live? What's your favorite color?
- Name 3 of various objects (i.e. what are 3 types of animals? What are 3 movies? What are 3 beverages?)
- Look out the window (if you have one)
- Remind yourself that you are getting out, focus on that
- Do yoga, stretch, walk around, rock back & forth
- Sing, hum
- Visualize something you really enjoy outside of jail
- Do the Wet Noodle: tense up every part of your body as much as you can at the same, then loosen up as lose as you can at the same time
- Focus on various part of your body and tighten them, & count to 5, loosen them & count to 5
- Do Kegels, honestly, focusing on that part of your body with your mind and doing the exercise helps your nervous system chill out.
- Or try: Seated Pelvic Floor Relaxation
 - Sit down, inhale and imagine your pelvic floor muscles softening down
 - Exhale as your pelvic floor muscles return to natural place
- Hug yourself, curl up in a ball
- Do a body scan: breath steady & slow, start at the top of your head and go through all your body parts until you reach your feet– what are the sensations you are feeling? How does it feel?
- Do the EMDR Butterfly Hug: cross your arms and place on your chest – like in the image – and tap your hands slowly back & forth & keep the safe place in your mind, breathe slow while thinking of a safe place



Tips on staying sane & calm while being arrested & sitting in a jail cell alone.

- Created by a mental health therapist who was arrested at a protest

REMEMBER YOU ARE LOVED AND YOU ARE ON THE RIGHT SIDE AND THERE ARE PEOPLE ON THE OUTSIDE WAITING FOR YOU AND FUCK THE POLICE! FUCK THE STATE! FUCK ICE! <3

I am a licensed mental health counselor who has worked in a variety of community mental health settings: clinics for people who no or little health insurance, university counseling center, in-home counseling, and a trauma outpatient setting. I have been trained in various trauma approaches, eating disorder treatment, parenting behavioral and communication strategies, various behavioral approaches, somatic approaches, and mindfulness.

I am also an anarchist and have been involved in activism for many years ranging in issues and actions. I realized this information in this zine isn't really out in the world. There is definitely information on not talking the police, but when you're in that moment, it's very hard to remember NOT TO TALK TO THEM and how to stay calm to protect yourself and stay alive. I get the inclination to want to fight back and run, but sometimes in these situations, you sadly, can't.

I was arrested during the BLM protests spring/summer 2020. I am in solidarity with the struggle and have seen too many friends, clients, family members, and the world fucked with by the police. The police is an oppressive force to everyone and they should be abolished.

PLEASE WRITE DOWN A LOCAL NATIONAL LAWYER'S GUILD OR LOCAL LEGAL SUPPORT ORG NUMBER ON YOUR BODY IN PERMANENT MARKER ANY DEMO OR PROTEST. CHECK IT DURING THE PROTEST IN CASE IT STARTS TO FADE.

I was arrested with another person. The police immediately started to harass us about something that was caught on video, asked for the other person's ID, and questioning what we were doing. They asked us to put our hands up on the wall. They asked for my ID. Things were escalated (on their part, we both were cooperative except for not answering most questions, but that is our right). About 8-10 police showed up and there were only two of us.

Remain calm, especially if you are surrounded by the police. There is no way you can escape a situation like that. The more calm you remain, the better it will be for you, possibly even save your life.

If you need help remaining calm, practice deep breathing regularly.

- Breathe in deep, count to 5, breathe out, count to 5.

- The more you practice this outside of high stress situations, the better you are able to use those skills in those situations.

During the arrest, focus on one thing in front of you, even if it's a small dent in the wall, leave your hands on the wall, focus on what they're doing and saying the best you can with other senses you have (hearing, side vision, your body, smells, taste). Keep note of everything that is going on and when you're out WRITE IT ALL DOWN, detailed as fuck. When you're facing officers, try to get badge numbers, if possible.

DO NOT TALK TO THEM. They are going to try bully, hassle, and harass you. They are going to lie to you and try to scare you. Practice before demos and protests. Have a friend role play as a cop questioning you and switch roles. PRACTICE and remember: DO NOT TALK TO THEM. You can always say: NO COMMENT.

They are going to get in your face, racially and sexually harass you, they will use whatever shit they can to break you down. If anything, smile at them. But DON'T SAY SHIT.

Remain calm during the booking, as well. Answer only relevant information such as your name, address, DOB, bail number (a number you can call to get bail for you). You really don't need to answer anything else. Take note of things that they do/don't do/say (i.e. they refused to let me take my covid mask and inhaler into the cell).

How to remain calm and sane in a jail cell.

- You will more than likely be alone, there will be no blankets, a toilet right by the door, some toilet paper (maybe), probably no hot water, probably cold, no food (I was offered a cereal bar).

- You can try to sleep as much as possible.
- It's okay to cry and have feelings during this! I cried a lot! I was overwhelmed as fuck.
- You may have racing thoughts, intrusive thoughts, flashbacks (maybe you were arrested before, do you have a history of trauma, etc), panic feelings, your nervous system will be all over the place!
 - o Use your senses: focus on what you're wearing, how does it feel on your body?, is it soft? Rough? How does it feel on your hands?
 - o BREATHE, slow down your breathing!