

When a Fit Feels Near

- Invoke the Name of Jesus

"Jesus, stay with me. Jesus, I trust in You."

Repeat His Name slowly, like a lifeline.

- Find a Safe Position

If you're standing, sit or lie down safely. Place your hand over your heart or stomach. Let yourself be still.

- Use a Short Prayer or Scripture Verse

Choose a comforting phrase:

- "The Lord is my shepherd..."

- "Be still and know that I am God."

- "Sacred Heart of Jesus, I place all my trust in Thee."

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- "Jesus, I am weak, but You are strong."

- **Make the Sign of the Cross**

Even if only in your heart, mark yourself as belonging to Christ. You are not alone.

- **Breathe with Intention**

Try: Inhale: "Come, Holy Spirit" - Exhale: "Be my peace"

- **Offer the Moment**

"Lord, if this fit must come, let it come in Your presence. I give this moment to You. Be with me through it and after it."