



Recognize, pause, seek help

Guidance for adults. Not a risk score, diagnosis or treatment protocol. An unpleasant experience proves neither harm nor progress.

1. What should you do based on the signs?

What you notice	Cautious response
Boredom, distractions or mild restlessness that you can tolerate, with no lingering effects.	Adjust or stop. Continuing is optional.
Clearly escalating panic, an overwhelming traumatic memory, a troubling sense of disconnection.	Pause. Open your eyes, reconnect with something around you or a familiar activity if possible. Seek help if it does not settle.
Persistent or recurring symptoms, poorer sleep or difficulties in everyday life.	Pause self-guided practice. Consult a doctor or psychologist before resuming.
Severe confusion, new hallucinations, loss of contact with reality or unusual excitement with very little sleep.	Seek an urgent medical assessment. Immediate danger or inability to stay safe: call 15 or 112 in France.
Suicidal thoughts or concern for someone close to you.	Call 3114 in France. Immediate danger, a plan to act on suicidal thoughts or access to means: 15 or 112.

Do not push through a session, expose yourself again to test the cause or replace healthcare with meditation. An unusual physical symptom should not automatically be attributed to anxiety. There is no minimum waiting period before seeking help.

2. Record the facts so you can discuss them

Date: _____ Practice, approximate duration and supervision: _____

Symptoms during or after practice, intensity, duration and impact on your day:

Sleep, stress, recent changes in medication or substance use:

3. If you are considering resuming, decide with the professional

Format to adapt, cues to avoid and signs that require another pause:

Planned contact and reassessment date:

You do not have to resume. The teacher can adapt the instructions. The doctor or psychologist assesses the symptoms. The checklist does not guarantee that the practice will be well tolerated.