

My Self-Care Emergency Plan

What can I do to help me relax? (Grounding exercises / music / tv / friends / art/ cooking)

What strategies could I use throughout the day to help me cope? (Examples could be things like reframing my thoughts, grounding, or breathing exercises, eating nutritious food)

Are there things I should avoid or things I should recognize that are not helpful to me? Examples could be sad music, unhealthy food / drinks, certain friends, or family who join in my negativity, staying in my room all day, social media).

Who can I talk to if I need support or distraction? (School counsellor, friends, family?)

Who will tend to be a positive influence on me (instead of joining in my negative thoughts)?

Who are people I should probably avoid/will make things worse?

Who will remind me to follow my self care plan?

Who can I contact in an emergency?

Who can I talk to if I just need to talk about the situation, or if I feel sad, lonely, or anxious?