

EMERGENCY SELF-CARE ACTION PLAN

When You're Overwhelmed, Triggered, or in Crisis

Grounding Exercises (Choose One):

☐ 5-4-3-2-1 Technique: Name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste
☐ Cold water on wrists and face
☐ Hold an ice cube in your hand
☐ Progressive muscle relaxation (tense and release each muscle group)

STOP Technique:

☐ S - Stop what you're doing
☐ T - Take 3 deep breaths (4 counts in, 6 counts out)
☐ O - Observe your surroundings (name 5 things you can see)
☐ P - Proceed with intention, not reaction

Safety Check:

- ☐ Am I physically safe right now?
- ☐ Do I need to remove myself from this situation?
- ☐ Who can I call if I need immediate support?

Emergency Contacts:

TRUSTED FRIEND: _____
FAMILY MEMBER: _____
THERAPIST/COUNSELOR: _____
CRISIS HOTLINE: 988 (SUICIDE & CRISIS LIFELINE)



RECOVERY & RESTORATION PLAN

Your Personal Recovery Protocol

Immediate Response

Mental Care:

- ☐ Read inspirational quotes or books
- ☐ Do a guided meditation (10-15 minutes)
- ☐ Practice gratitude - list 3 things you're thankful for
- ☐ Work on a creative project or hobby
- ☐ Organize a small space in your home

Emotional Care:

- ☐ Journal about what triggered you
- ☐ Practice positive self-talk affirmations
- ☐ Call a supportive friend or family member
- ☐ Watch a comforting movie or show
- ☐ Look at photos that make you smile

Physical Care:

- ☐ Take a warm shower or bath
- ☐ Go for a 10-minute walk outside
- ☐ Do gentle stretching or yoga
- ☐ Listen to calming music
- ☐ Drink a warm, soothing beverage

Long-Term Recovery

- ☐ **Schedule therapy or counseling session**
- ☐ **Attend a support group meeting**
- ☐ **Practice extended meditation or prayer**
- ☐ **Engage in physical exercise**
- ☐ **Connect with nature (park, beach, garden)**
- ☐ **Work on personal development activities**
- ☐ **Plan something to look forward to**

My Personal Self-Care Menu: What works best for me when I'm struggling:

Warning Signs I Need Extra Support:

- ☐ **Can't sleep for multiple nights**
- ☐ **Loss of appetite for several days**
- ☐ **Thoughts of self-harm**
- ☐ **Complete isolation from others**
- ☐ **Unable to function in daily activities**

You are stronger than you know. This moment will pass. You deserve peace and healing.