

# Emergency Self-Care Plan

**Instructions:** Fill in this plan when you are feeling calm, so you have a personalized guide to follow during moments of stress, overwhelm, or crisis.

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## Step 1: Recognizing the Signs

**What are the warning signs that I am struggling?**  
(Examples: racing thoughts, feeling numb, irritability, trouble sleeping)

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- .....

## Step 2: Immediate Comfort Strategies

**What are 3 things I can do right away to feel calmer?**  
(Examples: deep breathing, listening to calming music, stepping outside for fresh air)

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- .....



### **Step 3: My Safe People & Support System**

**Who can I reach out to for support?**

(Name, Phone Number, Relationship)

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**What professional resources are available to me?**

(Examples: therapist, crisis hotline, support group)

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### **Step 4: Healthy Distractions & Activities**

**What activities help me feel grounded and safe?**

(Examples: journaling, taking a warm shower,  
watching a favorite movie)

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## Step 5: Affirmations & Reminders

**What are 3 positive affirmations I can tell myself?**

(Examples: "This feeling is temporary,"

"I am strong and capable," "I am not alone")

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**What reminders help me feel safe and hopeful?**

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## Step 6: My Emergency Action Plan

If I am in crisis, I will:

- Step 1: \_\_\_\_\_
- Step 2: \_\_\_\_\_
- Step 3: \_\_\_\_\_

### Emergency Contacts:

(Crisis Hotlines, Trusted Friends, Family, or Professionals)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Final Note to Myself:

(A personal message of encouragement to read when needed)

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Keep this plan in an easily accessible place and update it as needed. You are not alone, and you deserve care and support. 