

## **EMERGENCY SELF-CARE PLAN**

It can be hard to think of what to do to help yourself when life gets tough. That's why it's a good idea to make a plan before you need it, for when you need it. Write your ideas in the spaces below.

### **What to do:**

*What can I do when I'm upset, that is good for me and will support my personal care?*

- To relax I will...
- What do I like to do when I'm in a good mood and happy?
- What makes me laugh?
- What can I do that will help me get through the day?
- Who can I contact to talk to, to spend time with, who will spend time with me?

### **What to think:**

*What positive words, phrases, comments or quotes can I read to help my thoughts stay positive?*

- Positive comments or compliments from friends, family and colleagues
- Success jar (or similar)
- Affirmations/quotes
- Tips on how to turn negative thoughts into positive ones

**Keeping it positive:**

*What should I not do, what should I avoid doing? Be aware of negative personal habits and how to reframe these.*

- What makes me sad, angry, or anxious? What can I do differently? How can my awareness of these situations or problems help me to turn these into positives?
- Self-destructive habits – unhealthy food, too much time on social media, staying inside all day, not answering the phone. Which ones do I observe in my own life?
- What might be some of the additional underlying causes for these habits? (for example, escapism, self-soothing due to overwork or exhaustion, and/or feeling overwhelmed by a difficult situation at work or in my personal life)
- When and why do I notice my unhealthy habits and behaviours increasing?
- How can I increase compassion for myself in these times?
- What else can I do to relieve tension or stress and feel better? (see further ideas below)

**What I know is good for me:**

*List those things you like to do and that you know will help you feel better.*

- Eating healthy food
- Getting enough sleep and rest
- Watching happy/funny movies
- Reading a book
- Going for a walk
- Video call with a friend
- Gardening
- Breakfast in bed
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