



MY SAFETY PLAN & SKILLS PROMPT

Use this safety plan to help during times of crisis or when you are struggling with your mental or physical health

Thoughts: (what thoughts do you notice when you are struggling to cope?)

Behaviours: (what do you do or not do when you are struggling to cope?)

Physical signs & symptoms (what do you notice in your body when you are struggling to cope?)



✓ **Skills I can use for my thoughts:**

✓ **Skills I can use for my behaviours:**

✓ **Skills I can use for my physical sensations:**

✗ **What I do that's UNHELPFUL:**

✗ **What others do that's UNHELPFUL:**

✓ **What others can do that's HELPFUL:**

Is there anything I can do to reduce my vulnerability to emotion?



Be Kind To Yourself  	Exercise Regularly  
Take up a hobby/ Learn a New Skill  	Eat Healthily & Regularly  
Help Others  	Relax   
Have Fun/Be Creative  	Balance Sleep  
Connect with Others  	Beware drink and drugs  



Considering the above, my selfcare plan is...

During times of crisis, the things I need to do to get me through the next few hours are...

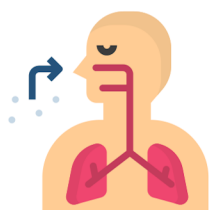
(keep it simple, like a set of instructions to follow)

Distress tolerance skills reminder:

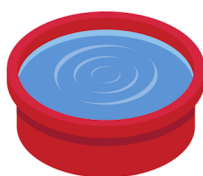


STOP!
Take a breath
Observe
Pull Back

Practice what works



Focus on your
breath



TIP - Temperature
Submerge your face
for 30 seconds in
cold water. Trigger
the DIVE Reflex



Engage in a
short period of
Intense
Exercise

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5 - I can See
4 - I can Hear
3 - I can Touch
2 - I can Smell
1 - Deep Breath

Who may be helpful to reach out to right now?