



MY OWN SELF-CARE PLAN

This personal safety plan allows you to keep a record of the things you can do and the people you can contact to keep yourself safe if you are feeling really bad.

Try to find a time when you're feeling calm to make your plan. Write your own answers to each question. Be really honest with yourself about what you need and what works for you.



NOTICE HOW YOU ARE FEELING?

Are you feeling...

- like a burden?
- like you've lost interest in things you typically enjoy?
- like you're sleeping a lot more than usual, or not enough?
- like you don't deserve help?
- like using substances to cope with difficult feelings or thoughts?

IDENTIFY YOUR FEELINGS:

HOW CAN I DISTRACT MYSELF FROM THESE THOUGHTS? WHAT ARE SOME THINGS I'LL BE ABLE TO DO EVEN WHEN I'M FEELING REALLY LOW?

Consider...

- listening to music that makes you feel good
- treating yourself to a thing you usually enjoy
- going for a walk
- watching a movie
- having a cup of coffee or tea



CHECK TWO STRESS MANAGEMENT/SELF-CARE ACTIVITIES YOU WILL ENGAGE IN DURING THE NEXT 24-HOURS:

- | | |
|--|---|
| <input type="checkbox"/> Engage in physical activity | <input type="checkbox"/> Count backwards from 100 by 3 |
| <input type="checkbox"/> Engage in a simple repetitive activity | <input type="checkbox"/> Practice breathing exercises |
| <input type="checkbox"/> Do something that requires focused concentration (coloring) | <input type="checkbox"/> Listen to Progressive Muscle Relaxation on YouTube |
| <input type="checkbox"/> Practice mindfulness meditation | <input type="checkbox"/> Create a playlist of anti-anxiety songs |

IDENTIFY TWO PEOPLE WITH WHOM YOU CAN SPEND TIME WITH OR DO AN ACTIVITY WITHOUT NECESSARILY HAVING TO SHARE EVERYTHING THAT IS GOING ON:



IDENTIFY ONE PERSON WHO KNOWS YOU WELL THAT YOU WILL CONFIDE IN TODAY:

IDENTIFY PUBLIC PLACES YOU CAN GO TO BE AROUND PEOPLE SO YOU FEEL LESS ALONE OR ARE ABLE TO DISTRACT YOURSELF:

Consider...

- a park
- a coffee shop
- a movie theatre
- a work out class



PRACTICE SLOW ABDOMINAL BREATHING... ON YOUR OWN OR USING AN APP LISTED BELOW:

SAM:

App Store | Google Play

Relax Melodies:

App Store | Google Play

WayForward:

App Store | Google Play



Hello Mind:

App Store | Google Play

Calm:

App Store | Google Play

Headspace:

App Store | Google Play

Stop Breathe & Think:

App Store | Google Play

Breathe2Relax:

App Store | Google Play

If anything changes and you believe that your situation has turned into an “urgent” need, please use these resources:

Emergency: 911

National Suicide Prevention Lifeline:

1-800-273-8255

University Counseling Center:

(616) 331-3266

Crisis Text Line (24-7):

Text 741741

GVPD:

(616) 331-3255