

Self-Care Plan for

Periods of High Stress or Following Critical Incidents

Step 1: *Warning signs:* (thoughts, body sensations, images, mood, situation, behavior) that my stress level may be getting too high:

- 1.
- 2.
- 3.

Step 2: *Internal coping strategies:* Things I can do, on my own, to take my mind off my problems (relaxation techniques, physical activity):

- 1.
- 2.
- 3.

Step 3: People and social settings that provide distraction:

1. Name/Phone:
2. Name/Phone:
3. Name/Phone:
4. Place/Activity:
5. Place/Activity:

Step 4: People whom I can ask for help:

1. Name/Phone:

2. Name/Phone:

3. Name/Phone:

The three things that are the most important to me that I am most grateful for and that make my life worthwhile:

1.

2.

3.