**Emergency Self-Care Worksheet**

*Why do I need to do this?* It is very hard to think of what to do for yourself when things get tough. It is best to **have a plan ready** for when you need it.

1. **Make a list of what you can do when you are upset that will be good for you.**
   
a. **What will help me relax?**

   ______________________________________
   ______________________________________
   ______________________________________
   ______________________________________
   ______________________________________

   *For example, deep breathing, listening to music, reading, entertainment, exercising*

   b. **What do I like to do when I’m in a good mood?**

   ______________________________________
   ______________________________________
   ______________________________________
   ______________________________________
   ______________________________________

   *List all the things you like to do so you remember what they are when you need to think of something to do.*
c. What can I do to help me throughout the day?

____________________________________
____________________________________
____________________________________
____________________________________
____________________________________

*For example, avoid too much caffeine, remember to breathe, watch my thoughts, stay in the moment

d. Other: What else do YOU need to do that is specific to YOU?

______________________________________________________________________________
______________________________________________________________________________

2. Make a list of people you can contact if you need support or distraction.

____________________________________
____________________________________
____________________________________
____________________________________

*For example, friends, siblings, parents, grandparents, other relatives, therapist, faith leader

*Adapted from Elaine S. Rinfrette, PhD, LCSW-R
a. Assign the list of people by asking yourself the following questions:

Who can I call if I am feeling depressed or anxious?

______________________________________

Who can I call if I am lonely?

______________________________________

Who will come over to be with me if I need company?

______________________________________

Who will listen if I need to talk?

______________________________________

Who will encourage me to get out of the house and do something fun?

______________________________________

Who will remind me to follow my self-care plan?

______________________________________

3. Next, make a list of positive things to say to yourself when you are giving yourself a hard time.

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

*Adapted from Elaine S. Rinfrette, PhD, LCSW-R
4. Next, make a list of who and what to avoid when you are having a hard time.

**WHO:**

______________________________________

______________________________________

______________________________________

______________________________________

______________________________________

Not everyone can be supportive or helpful with every situation. Go to the ones who can be supportive about the specific issue you are dealing with.

**WHAT:**

______________________________________

______________________________________

______________________________________

______________________________________

______________________________________

Examples of things to avoid: staying in the house/bed all day, drink too much alcohol.

5. Write this plan on a 3x5” card. Keep it in your purse/wallet (and on your phone if you can). Look at it often. Add any good ideas to it whenever you can. USE IT!