

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

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.

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!