

In Case of (emotional) Emergency

To fill out when you're feeling grounded, supported, calm, inspired, etc. To read when you're not.

I feel better when I (check all that apply/fill in the blanks)

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|---|--|---|
| <input type="checkbox"/> Go outside | <input type="checkbox"/> Play soccer | <input type="checkbox"/> Light a candle |
| <input type="checkbox"/> Call a friend | <input type="checkbox"/> Connect with mentors/elders | <input type="checkbox"/> Burn incense |
| <input type="checkbox"/> Take time alone | <input type="checkbox"/> Go for a walk | <input type="checkbox"/> Go bowling |
| <input type="checkbox"/> Share meals w/ loved ones | <input type="checkbox"/> Have an orgasm (alone or with someone else) | <input type="checkbox"/> Get acupuncture/massage |
| <input type="checkbox"/> Scream into a pillow/in a car | <input type="checkbox"/> Clean my space/change it up | <input type="checkbox"/> Massage myself with oils before going to bed |
| <input type="checkbox"/> Dance | <input type="checkbox"/> Get in water (shower, bath, ocean, lake, puddle) | <input type="checkbox"/> |
| <input type="checkbox"/> Draw, color, paint, get crafty | <input type="checkbox"/> Laugh (watch funny film, hang out with fun folks) | <input type="checkbox"/> |
| <input type="checkbox"/> Play with kids | | <input type="checkbox"/> |
| <input type="checkbox"/> Cry it out | | <input type="checkbox"/> |

☐ Listen to good music like _____

☐ Watch these movies _____

These plants support me: in the form of: tea, massage oil, bath, photos, hanging out with...

- | | | |
|--|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> Rose | <input type="checkbox"/> Calendula | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Milky oats | <input type="checkbox"/> Pine trees | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Tulsi | <input type="checkbox"/> Lemon Balm | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Nettle | <input type="checkbox"/> Sunflower | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Chamomile | <input type="checkbox"/> Garlic | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Licorice root | <input type="checkbox"/> Corn | |

My (emotional) emergency contacts are:

I can call this person/these friends, mentors, family members, neighbors, hotlines...

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Other suggestions:

- Start with the Basics: Breathe. Breathe. Drink water! Eat good food!
- Drained from dealing with (or not dealing with) conflict? Role-play difficult situations/conversations with a friend.
- Reach-out! Let folks know you could use some support (face-to-face or via calls/email/text/Facebook, etc. Don't rely on telepathy with this one!)
- Is there an element out of balance? (Are you feeling angry, fiery, frustrated? Get in water! Feeling uber-emotional or really flakey? Go outside and feel the earth under your feet.)
- Connect with what grounds you with your deep self (beyond our daily lives): nature, meditating, looking at old photos, talking with old friends who know you well, etc.
- Take times of transition/stress to re-evaluate and learn from it all (when you're ready)

More space on the back for more notes, drawings, whatever you like...