

# Emergency Self-care Plan

## Instructions:

1. Fill out the emergency self-care plan below.
2. Then, print out the slide on a quarter sheet of paper to keep with you in your purse/wallet/someplace else that's easily accessible
3. If you would like help printing the plan so that it's small enough, please just send me a message!

<p>Make a list of 4 things that you can do when you're upset that will be good for you:</p>	<p>Make a list of 4 positive things to say to yourself when you're giving yourself a hard time:</p>
<p>Make a list of 4 people you can contact if you need support or distraction:</p>	<p>Make a list of 4 things or people to avoid when you are having a hard time:</p>