

BUILD YOUR LIFE RAFT: EMERGENCY SELF-CARE PLAN

Why is this important?

Often in the moment when you are stressed, it can be easy to try and combat that stress with activities that may actually be harmful to you. Laying out an emergency self-care plan is essential to give you the tools to be prepared when you are confronted with a difficult time.

What will help me to relax if I am stressed?

What do I like to do when I am feeling happy or in a good mood?

List positive things about yourself that you are proud of.

List people you can lean on for support or distraction.

List people or things to avoid when you are having a hard time.

