

Personal Wellness and Safety Plan

Step 1: Prevention & Self-Care

Biological. *What things can I do to make sure I am taking care of my physical health? For example: sleep, diet, exercise and medication.*

1. _____
2. _____
3. _____

Psychological. *What things can I do to make sure I am taking care of my psychological health? For example: therapy and journaling.*

1. _____
2. _____
3. _____

Social. *What things can I do to make sure I am fulfilling my needs for community? For example: spending time with friends and support groups.*

1. _____
2. _____
3. _____

Spiritual. *What things can I do to nourish my soul? For example: praying, spending time with God and Abiding.*

1. _____
2. _____
3. _____

Step 2: Triggers

What are my personal triggers and how can I minimize each one? For example, if traffic is a trigger, I can try to avoid driving during peak times.

1. _____
2. _____
3. _____

Step 3: Warning Signs

What thoughts, images, moods, situations or behaviors are signals that a crisis may be developing?

- 1. _____
- 2. _____
- 3. _____

Step 4: Internal Coping Strategies

What can I do to take my mind off of my negative emotions and feelings without contacting another person, such as relaxation techniques or physical activity?

- 1. _____
- 2. _____
- 3. _____

Step 5: Social Contact for Distraction

What people or social settings provide comfort and help take my mind off my problems?

- 1. Name: _____ Phone: _____
- 2. Name: _____ Phone: _____
- 3. Place: _____
- 4. Place: _____

Step 6: People Who Can Help:

Among my family and friends, who can I talk to when I need help in a crisis?

- 1. Name: _____ Phone: _____
- 2. Name: _____ Phone: _____
- 3. Name: _____ Phone: _____

