



my SAFETY

PLAN

BOOK

My triggers, coping
strategies, safe spaces
and sources of support in
a time of crisis.





TRIGGERS

TRIGGER: A STIMULUS, SUCH AS A PERSON, PLACE, SITUATION, OR THING; THAT CONTRIBUTES TO AN UNWANTED EMOTIONAL OR BEHAVIORAL RESPONSE.

1. THE PROBLEM

Describe the problem your triggers are contributing to.

What's the worst-case scenario, if you are exposed to your triggers?

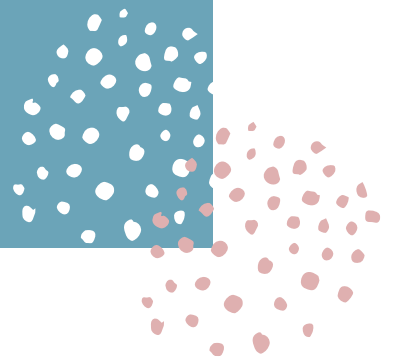
2. YOUR THREE BIGGEST TRIGGERS

1.

2.

3.

TRIGGERS



3.

THE CATEGORY

Is there a specific emotion that acts as a trigger for you?
How about a person or place? List your triggers below...

EMOTIONAL STATE

PEOPLE

PLACES

THINGS

THOUGHTS

TRIGGER TREE

Identify the trigger

Feeling it brings up

List your fears

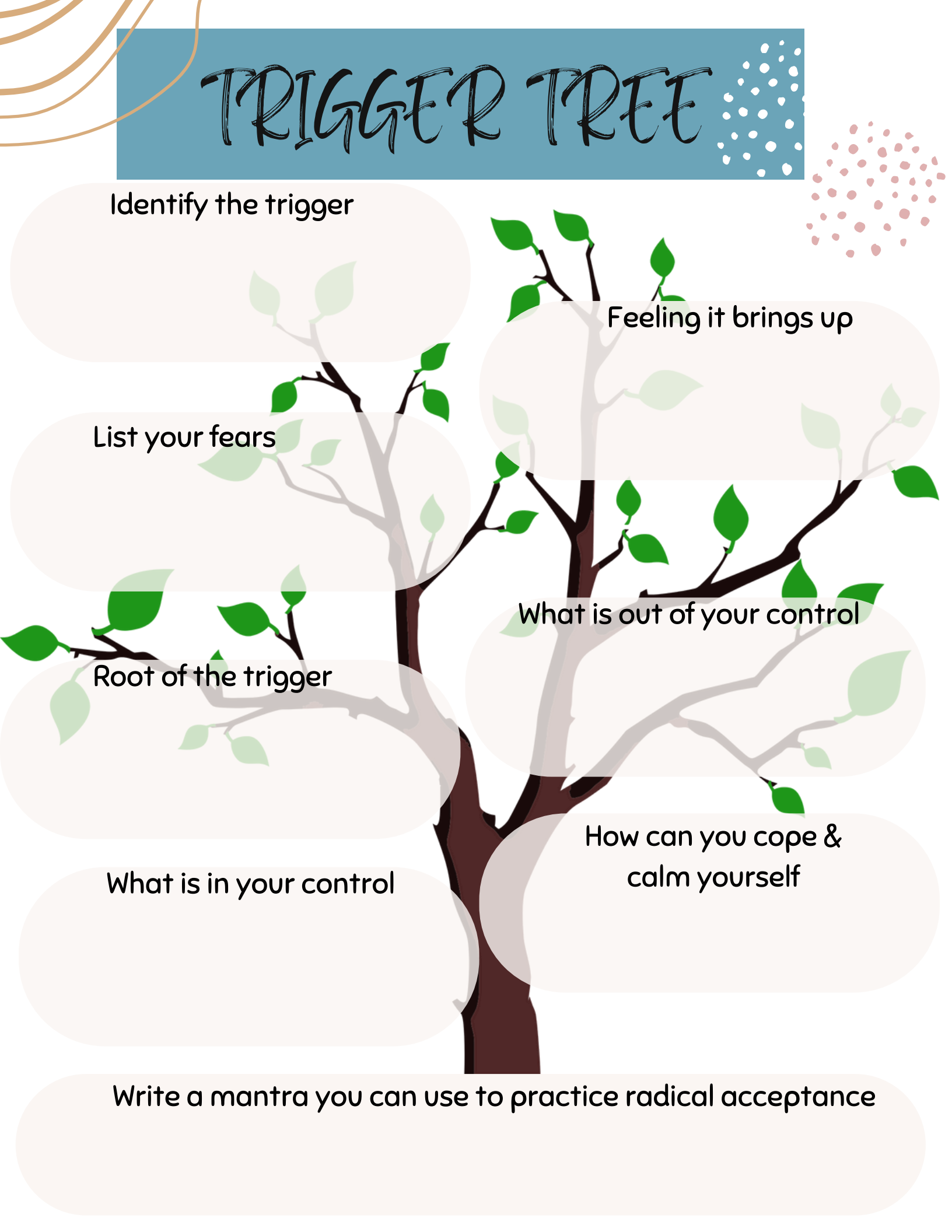
What is out of your control

Root of the trigger

How can you cope &
calm yourself

What is in your control

Write a mantra you can use to practice radical acceptance





SAFETY PLAN

CREATE A FEELING OF SAFETY AND TRANQUILITY WHERE YOU ARE.

Some things I can do to ground myself and bring myself back to the present when I'm experiencing trauma are:

Some things I can do by myself to make me feel safe are:

Some things I can do to make me feel safe while I'm in public or other social spaces are:

Some things I can do to make me feel safe when I isolate are:



SAFETY PLAN

Activities I can do to rest are:

Activities I can do to connect with my body are:

Activities I can do to help me process my emotions are:

Activities I can do to move my body are:



SAFETY PLAN



Some social media accounts that make me feel good are:

Some shows and movies that uplift me are:

Some podcasts, books and magazines that make me feel good are:

Things I can do to help me remember how strong I am are:



SAFETY PLAN

Some boundaries I can set for myself (including negative self-talk, values/beliefs, interactions with social media, etc) are:

Some emotional boundaries I can set for my interactions with others are:

Some physical boundaries I can set for my interactions with others are:

Some coping strategies that help me manage stress are:



SAFETY PLAN



What are the warning signs that you are beginning to struggle with your problem? These can include thoughts, feelings, or behaviors.

What can you do, by yourself, to take your mind off the problem? What obstacles might there be to using these coping skills?



SAFETY PLAN



How safe is your environment?



What can you practically do to make your environment safer?

DE-ESCALATION SKILLS

PAUSE SKILL

P

Pay attention to my body, thoughts
& feelings

A

Access what is triggering me

U

Understand the roots of my
feelings

S

Set boundaries, separate & ensure
safety

E

Emphasize those involved & reflect on
how your actions will impact others

DE-ESCALATION SKILLS

STOP SKILL

A large, dark blue, handwritten letter 'S' with a thick stroke and a small dot at the bottom right, set against a light orange background.

When you feel that your emotions seem to be out of control, stop! Do not react. Freezing for a moment helps prevent you from doing what your emotions want you to do (which is to act without thinking). Stay in control.

A large, dark blue, handwritten letter 'T' with a thick stroke and a small dot at the bottom right, set against a teal background.

Give yourself some time to calm down and think. Take a step back from the situation. Take a deep breath and continue breathing deeply as long as you need and until you are in control.

A large, dark blue, handwritten letter 'O' with a thick stroke and a small dot at the bottom right, set against a light orange background.

Observe what is happening around you and within you, who is involved, and what are other people doing or saying. Listen to the Automatic Negative Thoughts that occur. Remember those are based on an outdated Belief System.

A large, dark blue, handwritten letter 'P' with a thick stroke and a small dot at the bottom right, set against a light red background.

Ask yourself, "What do I want from this situation?" or "What are my goals?" Stay calm, stay in control, and when you have some information and how that may impact your goals, you will be better prepared to deal with the situation effectively.



COPING SKILLS

SELF-REGULATE YOUR NERVOUS SYSTEM

CIRCLE OF CONTROL

No matter how agitated, anxious, or out of control you feel, it's important to know that you can change your arousal system and calm yourself. Not only will it help relieve the anxiety associated with trauma, but it will also engender a greater sense of control.

MINDFUL BREATHING

If you are feeling disoriented, confused, or upset, practicing mindful breathing is a quick way to calm yourself. Simply take 60 breaths, focusing your attention on each out-breath.

SENSORY INPUT

Does a specific sight, smell or taste quickly make you feel calm? Or maybe petting an animal or listening to music works to quickly soothe you? Everyone responds to sensory input a little differently, so experiment with different quick stress relief techniques to find what works best for you.

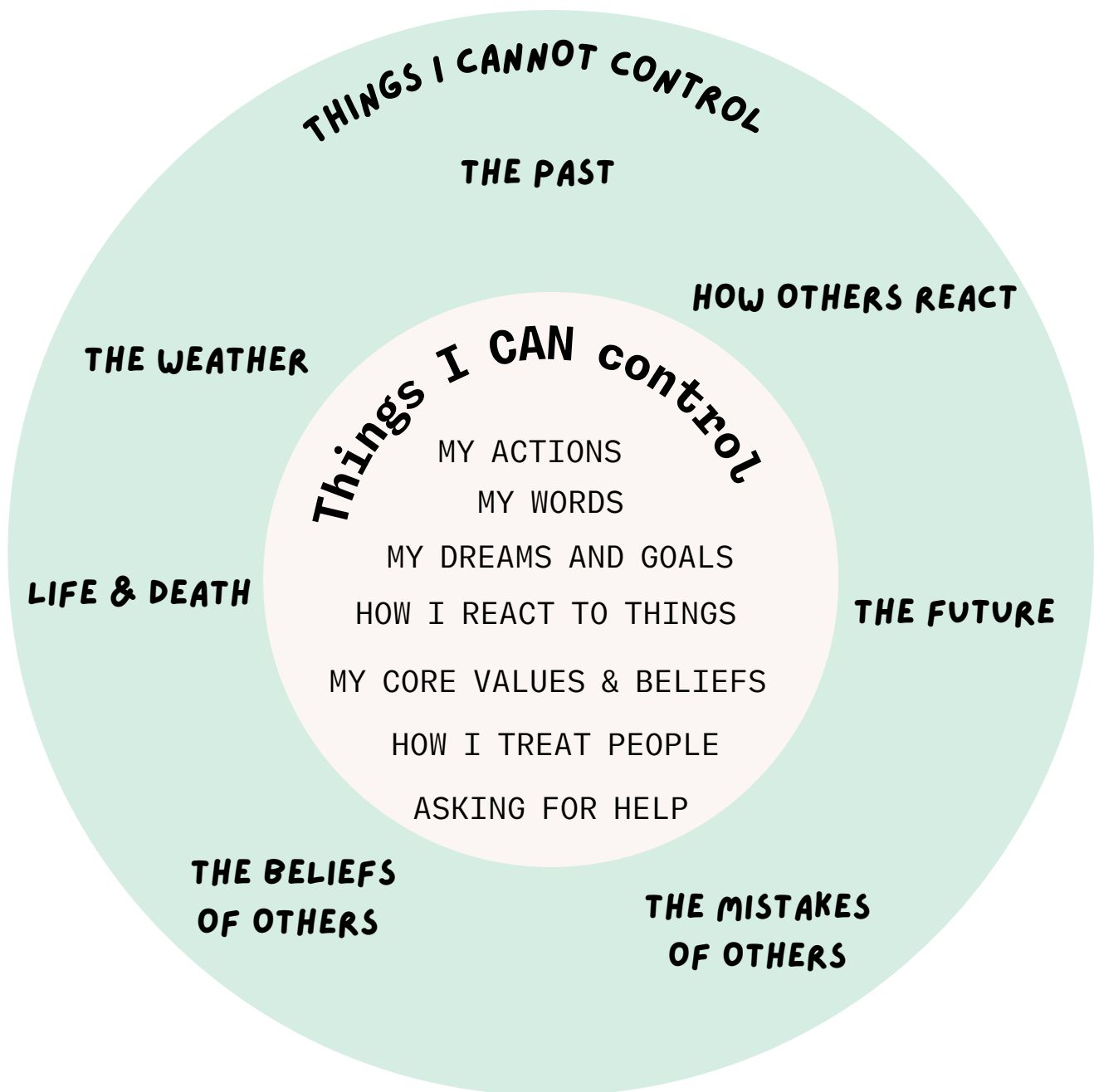
BODY SCAN

To feel in the present and more grounded, sit on a chair. Feel your feet on the ground and your back against the chair. Look around you and pick six objects that have red or blue in them. Notice how your breathing gets deeper and calmer.

CIRCLE OF CONTROL

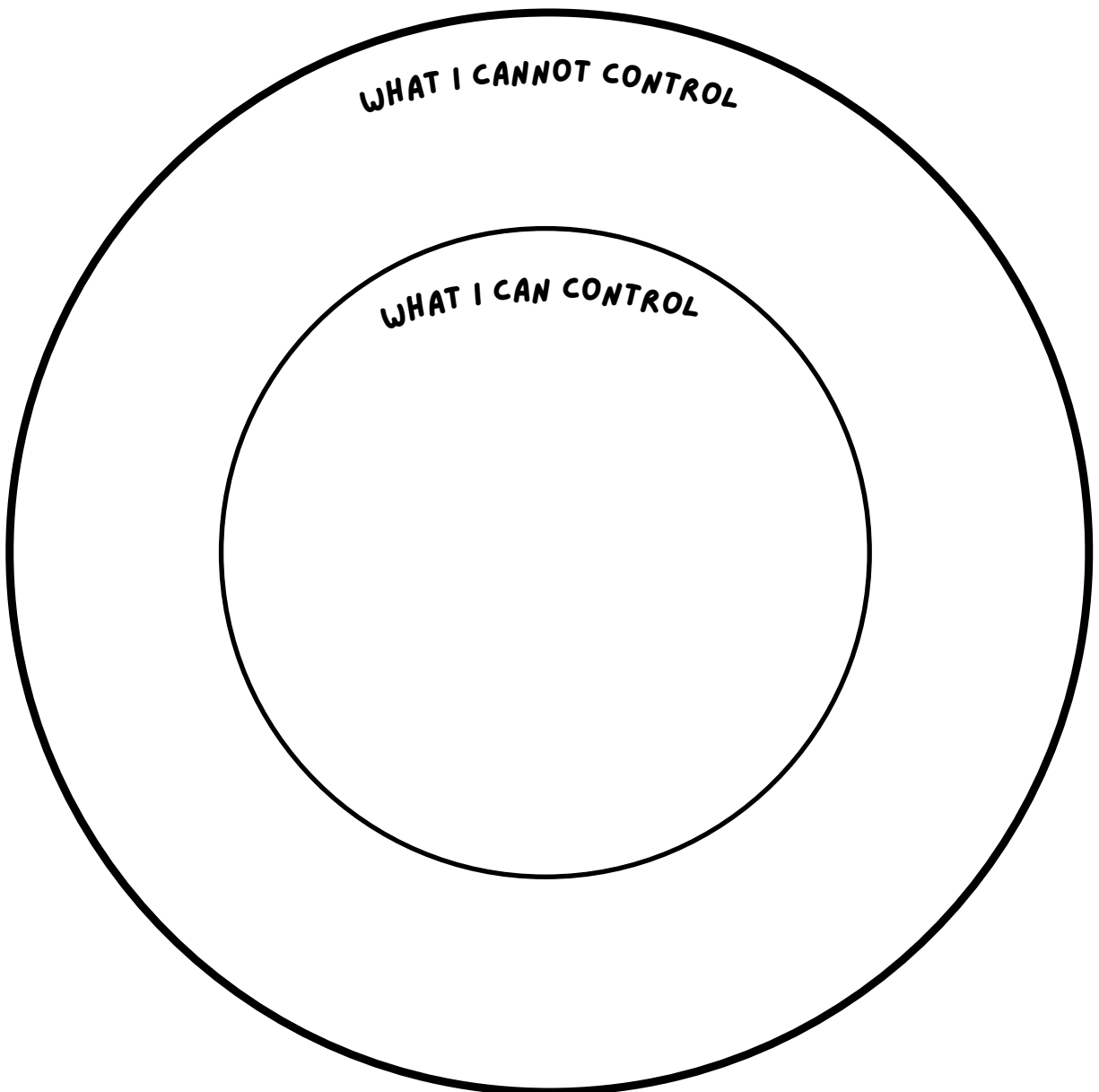
We cannot control every problem we encounter, sometimes things are simply out of our control.

Learning to accept the problems that are out of your control will lead to less anxiety, anger and sadness when dealing with them.



CIRCLE OF CONTROL

Sometimes you will face a problem that is simply out of your control. In these situations, negative thoughts can take over. Radical acceptance refers to a healthier way of thinking during these situations. Instead of focusing on how you would like something to be different, you will recognize and accept the problem or situation as it is. Remember, accepting is not the same as liking or condoning something. Learning to accept the problems that are out of your control will lead to less anxiety, anger, and sadness when dealing with them.



COPING SKILL IDEAS

Watch a good movie

Set boundaries,
practice saying NO

Try a new food dish

Breathing skills

Create a vision board

Set goals
for the next month

Start
a new hobby

Take yourself on
a solo date

Take a warm bath

Listen to a podcast

Buy a book

Take a walk outside

List the things that
you are grateful for

Make a menu for
the week

Do 30 minutes
of yoga

Do something for the
first time

Get physical

Buy yourself
flowers/plant

Buy yourself
something

Write out
a bucket list

Go for a general
health check up

Practice mindfulness

Buy a self-care
product

Start a journal

Do a creative project

Call a friend

Light some candles

De-clutter and
organize your space

Drink a mindful cup of
tea

Engage with your 5
senses

Go sit in the sun

Have a cup of coffee
with a friend

Go for a picnic

Finish some chores

Take a nap

Reflection cards

Put on clean beading

Go to the movies

Do a home workout



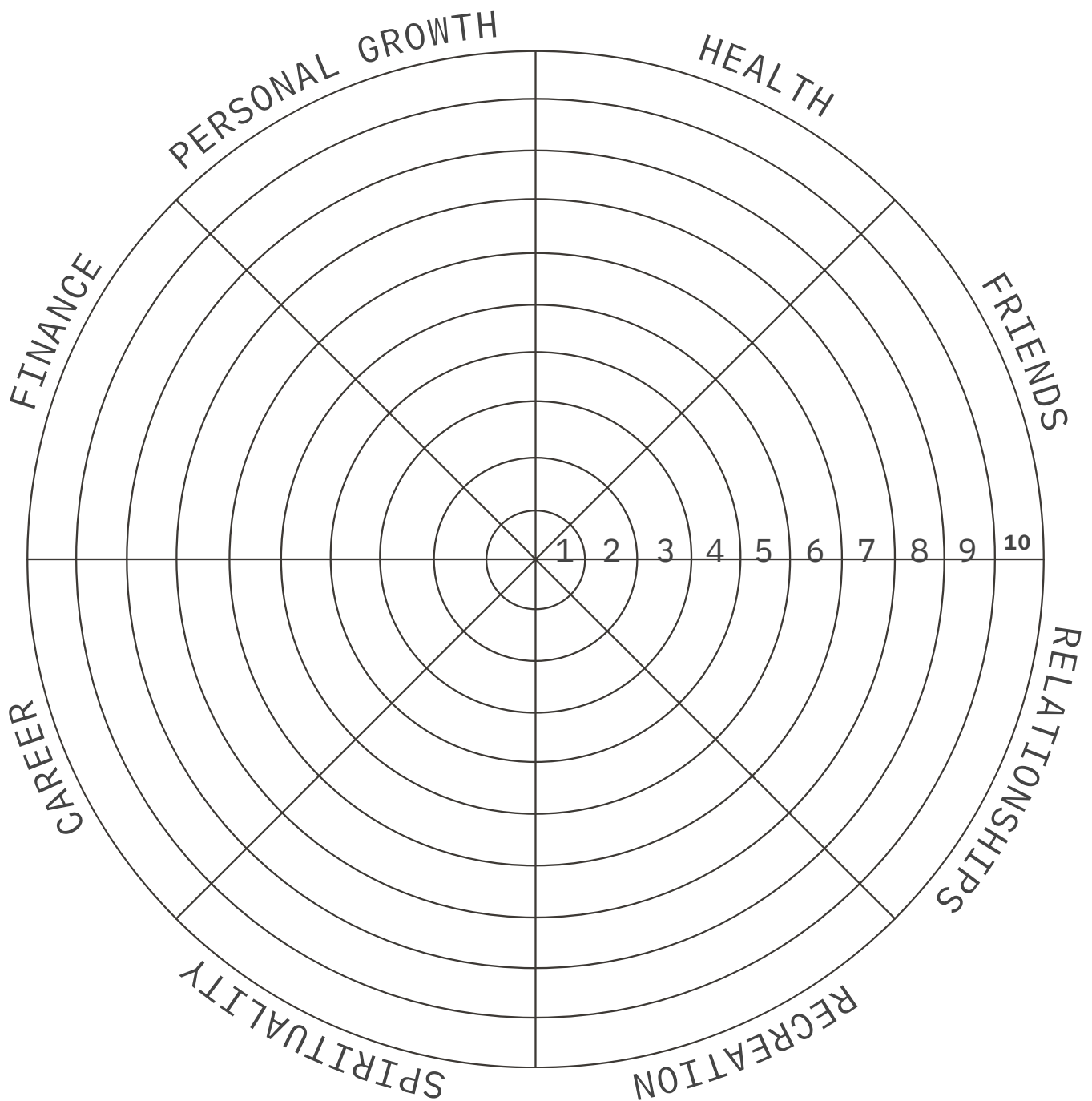
SELF-CARE PLAN

list your de-stressing techniques

Blank lined area for writing de-stressing techniques, consisting of eight horizontal rounded rectangular bars in various pastel colors: light orange, light pink, light green, light peach, light purple, light teal, light blue, and light pink.

BALANCE WHEEL

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.



GRATITUDE JAR



THINGS I FEEL
THANKFUL
FOR.



GRATITUDE



**3 SMALL THINGS I
APPRECIATE TODAY**

Blank space for writing 3 small things appreciated today.

**3 GOOD THINGS
HAPPENED TODAY**

Blank space for writing 3 good things that happened today.

TODAY'S POSITIVE AFFIRMATION

Blank space for writing today's positive affirmation.

**MY FAVOURITE
MOMENTS OF THE DAY**

Blank space for writing my favourite moments of the day.

DAILY

GRATITUDE

TODAY I'M FEELING

POSITIVE AFFIRMATIONS

TODAY I'M GRATEFUL FOR

- 1 _____
- 2 _____
- 3 _____

SOMETHING I'M PROUD OF

MORE OF THIS:

LESS OF THIS:

MY FAVORITE MOMENT THE DAY

TOMORROW I LOOK FORWARD TO

MONTHLY REVIEW

GRATITUDE

THIS MONTH'S INTENTION IS

HOW DO YOU FEEL?

HOW DO YOU WANT TO FEEL?

WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

A life filled with meaning

Things I am grateful for People who love me

-
-
-

My Strengths

My Goals & Dreams

SAFETY PLAN

My triggers

Three light green rounded rectangular boxes for writing triggers.

Coping skills

A light blue rounded rectangular box with three white circular bullet points for listing coping skills.

My Safe Place

A light green rounded rectangular box for writing the safe place.

My Strengths

A light green rounded rectangular box for writing strengths.

Person(s) I can call

A light green rounded rectangular box for writing the person(s) to call.

SAFETY PLAN

My triggers

Three empty rounded rectangular boxes for writing triggers.

Coping skills

A large rounded rectangular box for writing coping skills, featuring three white circular bullet points on the left side.

My Safe Place

A wide, empty rounded rectangular box for writing the safe place.

My Strengths

A wide, empty rounded rectangular box for writing strengths.

Person(s) I can call

A wide, empty rounded rectangular box for writing the person(s) to call.

SAFETY PLAN

MY WARNING SIGNS ARE:

MY EFFECTIVE COPING STRATEGIES ARE:

PEOPLE I CAN REACH OUT TO FOR DISTRACTION:

STEPS I CAN TAKE TO MAKE MY ENVIRONMENT SAFER:

-
-
-
-



SAFETY PLAN

I KNOW I'M TRIGGERED WHEN...

• • • • •

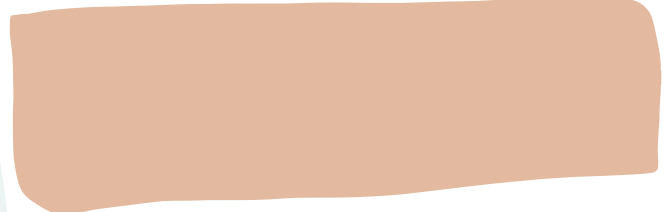
• • • • •

• • • • •

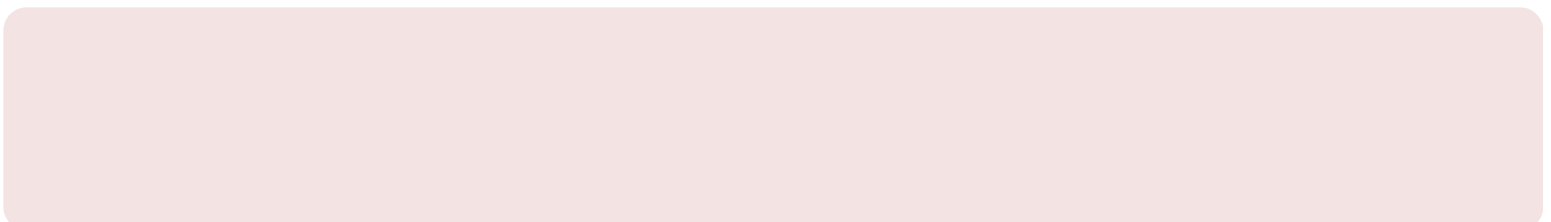
MAKING MY ENVIRONMENT SAFER



SOME THINGS TO DISTRACT ME

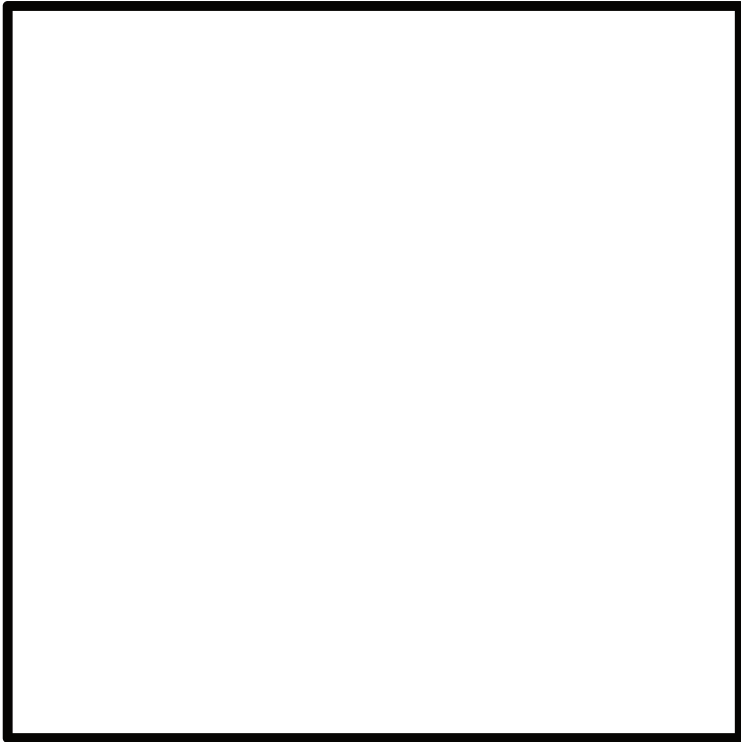


MY AFFIRMATION

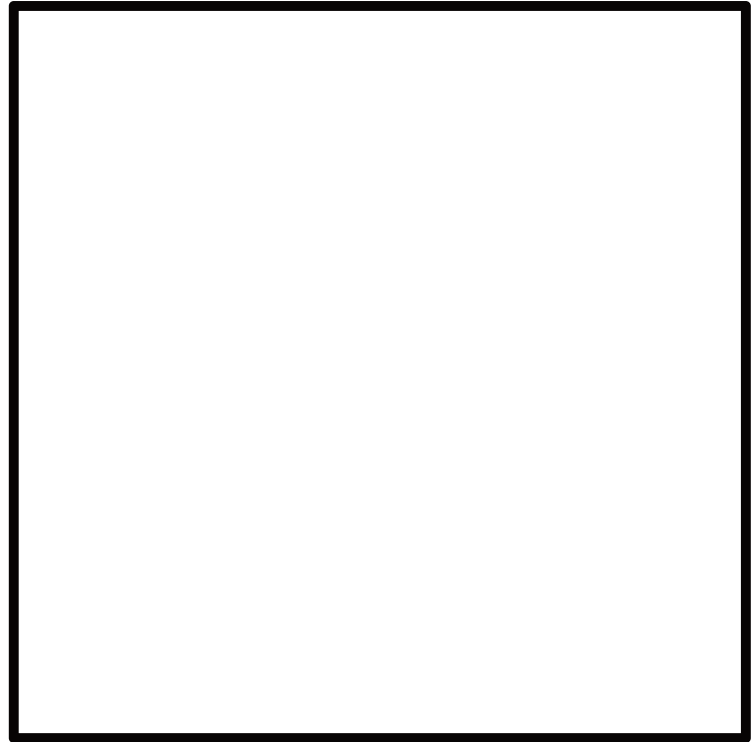


SAFETY PLAN

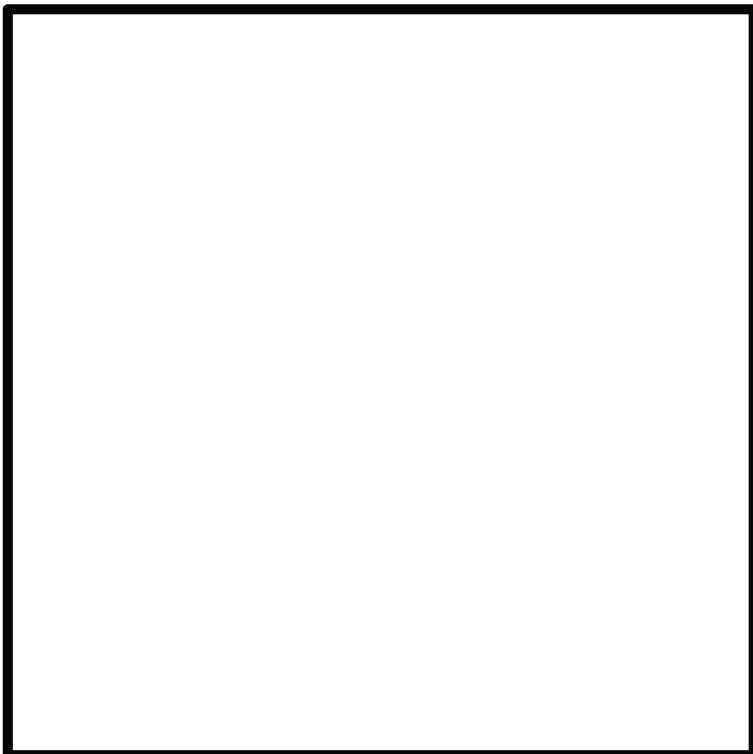
MY TRIGGERS

A large, empty rectangular box with a thick black border, intended for writing down personal triggers.

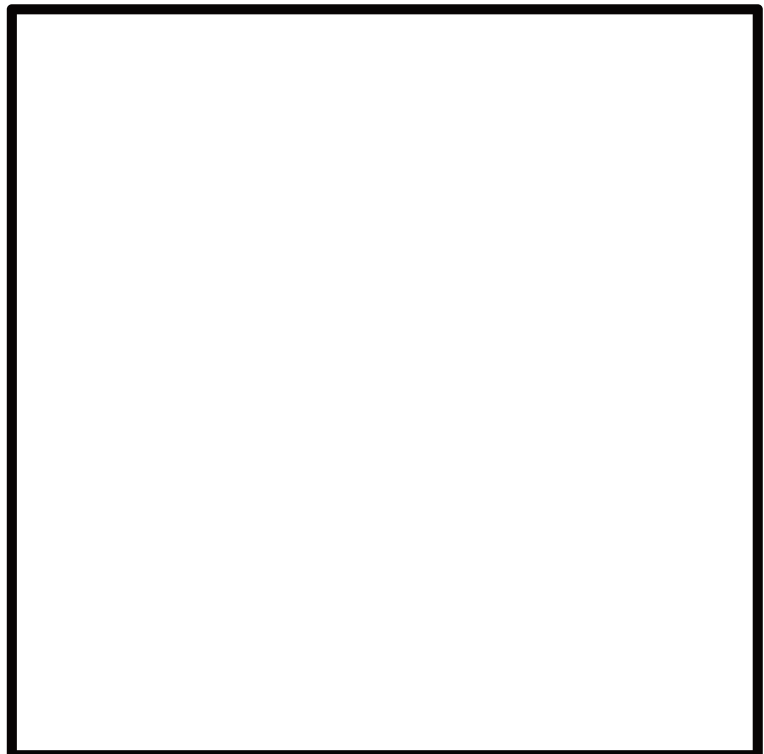
COPING & CALMING TECHNIQUES

A large, empty rectangular box with a thick black border, intended for writing down coping and calming techniques.

MAKING MY ENVIRONMENT SAFER

A large, empty rectangular box with a thick black border, intended for writing down ways to make the environment safer.

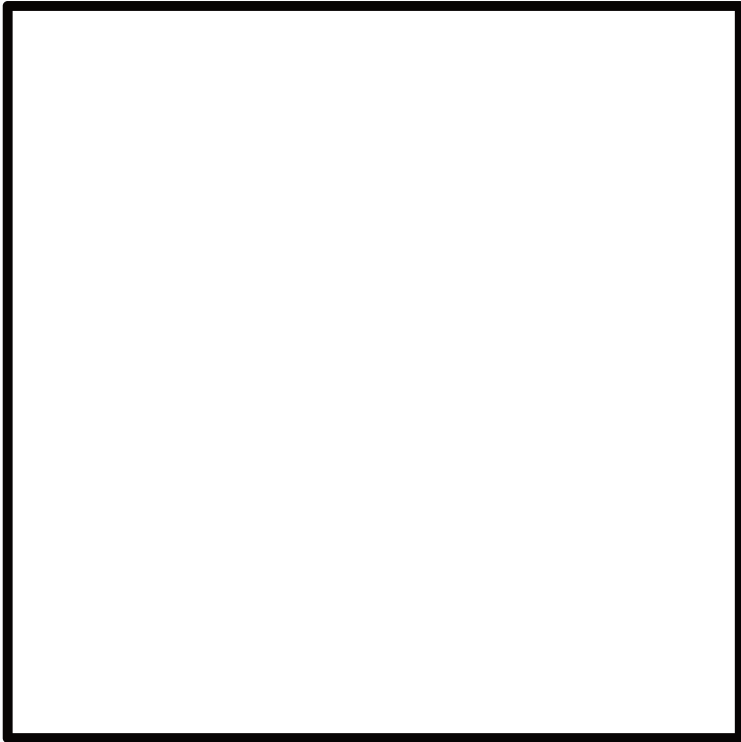
PEOPLE I CAN CALL

A large, empty rectangular box with a thick black border, intended for writing down names of people to call for help.

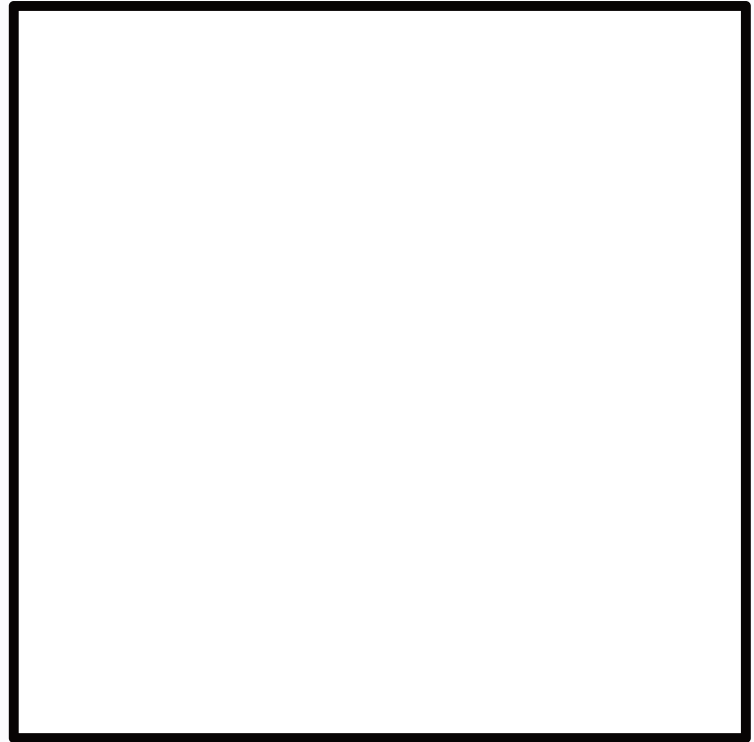


SAFETY PLAN

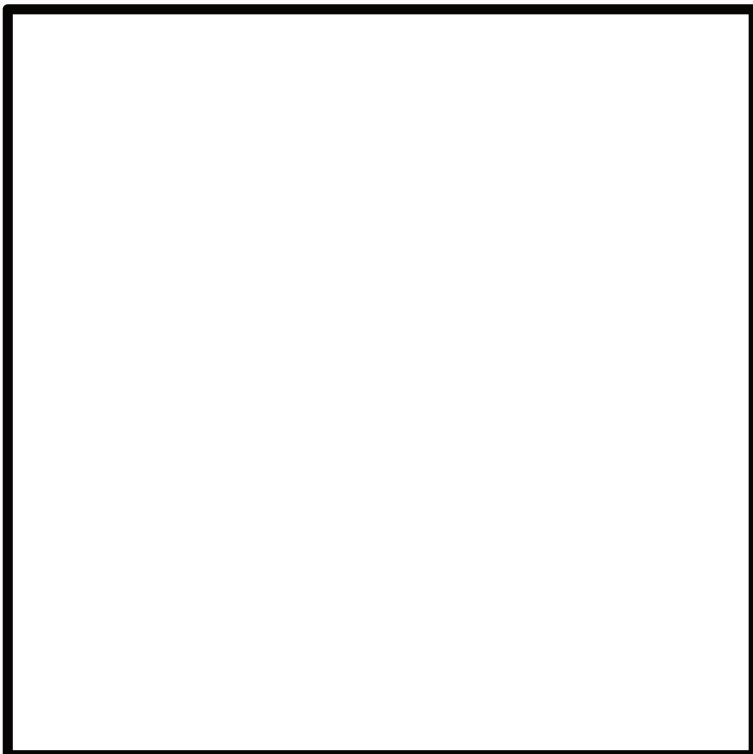
MY TRIGGERS



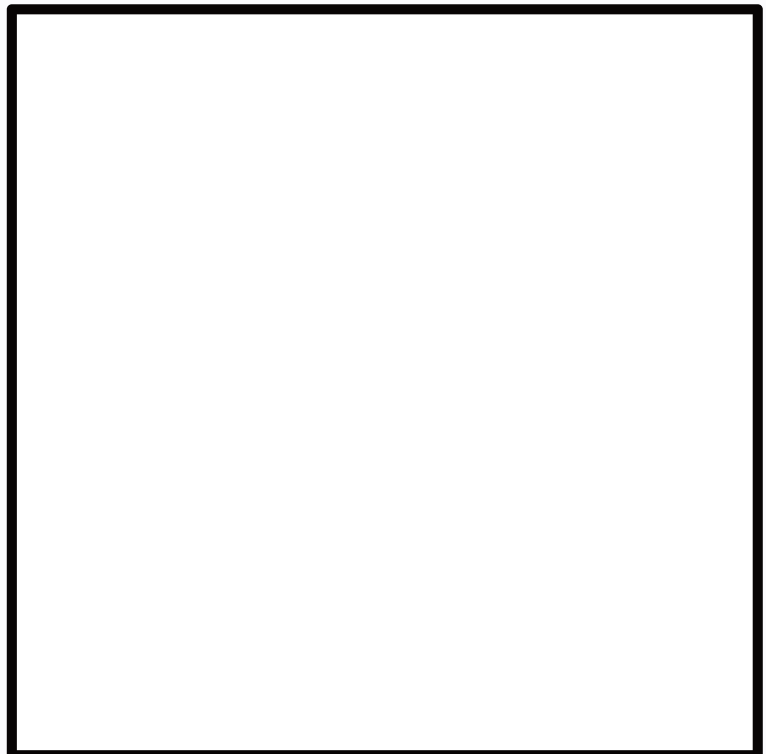
COPING & CALMING TECHNIQUES



MAKING MY ENVIRONMENT SAFER



PEOPLE I CAN CALL



PSYCHOSOCIAL ASSESSMENT

Psychiatric Factors

psychiatric history, other care providers and treatment, medications and trauma

Physical Health

current and past medical issues, medications, surgeries and hospitalizations

Substance Use

type, frequency, amount, history, consequences, and reasons for use

SELF-HARM *RISK* ASSESSMENT

Risk Assessment

Concerning behaviors, self-harm and suicidality

Mental Status

Appearance, behavior, speech and language, thoughts, mood, affect, perception and insight

Strengths and Abilities

Traits that support well-being, resilience and coping

SUICIDE RISK ASSESSMENT

Suicide ideation

When you self-harm, do you ever think about purposefully ending your life?

What are your reasons & root cause for self-harming?

SUICIDE RISK ASSESSMENT

Onset & Frequency

When was the first time you self-harmed?

How many times per week or month do you self-harm & when was the most recent time?

How do you typically self-harm?

Do you self-harm more, or more severely, than when you started?

SUICIDE RISK ASSESSMENT

After Care & change

How do you take care of your injuries afterward? Did you ever need medical attention?

How motivated are you to stop self-harming?

What would help you stop self-harming?

4 P'S RISK ASSESSMENT

Predisposing Factors:

Long-term issues that increase vulnerability to the problem

Precipitating Factors:

Recent events that may have caused or exacerbated the problem

Perpetuating Factors:

Ongoing issues that make it difficult to resolve the problem

Protective Factors:

Strengths and coping skills that mitigate the problem

4 P'S IN MY LIFE

Predisposing
Factors:

Precipitating
Factors:

Perpetuating
Factors:

Protective
Factors:

NO HARM/SUICIDE CONTRACT

I, _____, hereby agree that I will not harm myself in any way, attempt suicide, or die by suicide.

Furthermore, I agree that I will take the following actions if I am ever suicidal:

- 1) I will remind myself that I can never, under any circumstances, harm myself in any way, attempt suicide, or die by suicide.
- 2) I will call 9-1-1 if I believe that I am in immediate danger of harming myself.
- 3) I will call any or all of the people listed on my safety plan.

DATE: _____

SIGN: _____

.....

SELF REFLECTIONS

THINGS I DO TO PROCESS MY FEELINGS

THINGS THAT KEEP ME BUSY

THINGS THAT MAKE ME FEEL CONFIDENT

DAILY WELLNESS LOG

DATE:

Daily Affirmation

Wellness Log

Water Tracker 1 glass = 1         

Exercise Log

Hours of sleep Quality of sleep   

Mood Tracker     

Meals

Breakfast

Lunch

Dinner

Snacks

Drinks

Today I am grateful for:

1.

2.

3.

Things I can do to make today great:

1.

2.

3.

Great things that happened today:

1.

2.

3.

Thoughts and Reflections

WEEKLY

MOOD DIARY

RECOGNIZING LINKS BETWEEN YOUR MOOD AND YOUR ENVIRONMENT MAY ALLOW YOU TO BECOME MORE SELF-AWARE.
AT THE END OF EACH DAY, FILL OUT THE CHART BY DRAWING THE EMOJI YOU FELT MOST OF THAT DAY & GIVE A BRIEF REASON.

WEEK OF: _____



MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		

My Strengths & Qualities

Things I am good at

1. _____

2. _____

3. _____

Compliments I have received

1. _____

2. _____

3. _____

What I like about myself

1. _____

2. _____

3. _____

Challenges I have overcome

1. _____

2. _____

3. _____

Things that make me unique

1. _____

2. _____

3. _____

Things I value about others

1. _____

2. _____

3. _____
