



MY CRISIS PLAN

created by: _____

How do I know when I'm in a crisis?

My body might feel:



My brain might think:



I might feel like doing:



Who can I reach out to in a crisis?

My therapist / doctor & phone #:

A trusted friend & their phone #:

A trusted adult & their phone #:

What can I do to help self-regulate?

Circle at least 2 things you can do!

- | | |
|--------------------------|---------------------|
| Exercise | Snuggle a pet |
| Watch a TV show | Eat a favorite food |
| Listen to music | Deep breathing |
| Go outside | Journal |
| Take a bath / shower | Play a game |
| Spend time with a friend | Create some art |
| | Get some sleep |

What are my reasons to keep moving forward?

Names of the people I love:



My goals for the future:



Things I love & am thankful for:

