

My emergency self-care plan

It can be hard to think of how to cope during a crisis or tough times. Answer the questions in this plan now to help you take care of yourself during an emergency later.

Write down positive things you can say to yourself when you are going through a hard time.

List who and what tends to drain you.

Write two things you can do to make your environment safer and more uplifting (increase light, consider safely storing medications and guns, organize your space).

1. _____
2. _____

What will help you feel better (focused breathing, listening to music, going for a walk)?

1. _____
2. _____
3. _____

List three people you can contact if you need support or connection (friend, sibling, parent, grandparent, therapist, religious leader).

Name and Contact Info

1. _____
2. _____
3. _____

List three professionals or agencies you can contact if needed (clinician, therapist, receiving center).

Visit davislinks.org for local resources.

Name and Contact Info

1. _____
2. _____
3. _____

Use the questions below to check in at the time of crisis.

Review your basic needs	Yes	No
Are you getting between 7-9 hours of sleep a night?		
Are you eating nutritious and regular meals?		
Are you drinking enough fluids to stay hydrated?		

If you answered no to any question, review the self-care areas and adjust where needed.

Check-in during a challenge

Sometimes it is hard to recognize that we are struggling and need to adjust our self-care. Check in with yourself and others often and seek help when needed.

How do I typically cope with life's demands?

How am I coping with life's demands now?

What are my warning signs that a challenge or crisis may be developing?

When to ask for help

Everyone needs help sometimes! It may be time to ask for help if you are experiencing the following consistently for more than 2 weeks.

Emotions or Changes	Yes	No
Persistent negative emotions like sadness, anxiety, or hopelessness		
Significant changes in sleep or eating habits		
Withdrawing from friends or loved ones		
Difficulty coping with daily life		
Increased substance use		
Thoughts of harming yourself or others		

You can talk to a trained counselor at any time for free by **calling or texting 988**. Don't be afraid to just check in if you are worried, need to talk to someone, or need help.

For more information and a toolkit to develop a self-care plan before, during, and after a crisis, visit selfcare.davislinks.org or scan the QR Code.

