

Emergency Self-Care

Name:

Date:

Emergency Self Care Tools	Helpful (What to do)	Harmful (What not to do)
Relaxation What helps you relax? What makes you more upset?		
Self-Talk What are some helpful things you can say to yourself? What are harmful thoughts to avoid?		
Social Support Who can you reach out to for help and support? Who should you avoid in times of stress?		
Mood What activities can you do to feel better? What should you avoid doing?		
Resilience What helps you get through tough times? What feeds negativity for you?		