

Crisis Plan

TRIGGERS:

Rejection

Loss of a loved one

Lack of sleep

Relationship issues

Illness

Conflict

Job loss

Overwhelm

Weather /seasons

Financial struggles

Moving

Alcohol/drugs

Toxic person

Memory/rumination

Social media/TV

WARNING SIGNS:

EMOTIONS

THOUGHTS

BEHAVIORS

Sadness

I can't do this.

Crying

Anger

I'm a failure.

Screaming

Guilt

I'm not worthy.

Isolating

Frustration

I'm worthless.

Overeating

Shame

It's hopeless.

Drinking alcohol

Crisis Plan

COPING STRATEGIES:

988 Crisis Hotline: Call or chat 24/7

Yoga, deep breathing

Detox, time in nature

Declutter

Help others or reach out to support network

Exercise

Aromatherapy/bath

EFFECTIVENESS TRACKER:

4= Very High

3= High

2= Moderate

1= Low

Trigger

Stress Level
(before)

Coping Strategy

Stress Level
(after)

Work/job loss/job search

4

Yoga, deep breathing

2

Too many responsibilities/
busy schedule

3

Declutter

2

Argument/mean comment

3

Exercise

1

Social media

2

Detox, time in nature

1

Sad/hurtful memory

4

Help others or reach out to support network

2

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