

Emotional toolkit: My emergency plan

When we are feeling very stressed, low or upset it can be hard to remember what you do that helps and who is there to support you.

Making a note of these things and keeping it somewhere that's easy to find, perhaps a photo on your smart phone or a printed copy, can make it easier to recover your wellbeing balance at these times and decide what to do next.

What's happening now?

How I hit the pause and reset button is:

What helps to calm me or lift my mood is:

The people who help or support me are:

Some helpful contact numbers or websites are:

Things that recharge me are: