

## 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:**

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