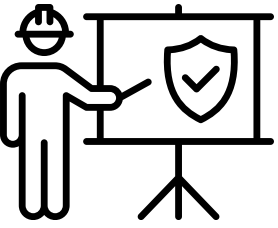


# Personal Safety Plan

A Guide to Managing Overwhelming Feelings and Ensuring Well-Being



This worksheet is designed to help you identify ways to manage overwhelming feelings and ensure your well-being. Use it as a comforting guide whenever you need.

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## Warning Signs

**How do I know I'm starting to feel overwhelmed?**

Take a moment to jot down any physical sensations, thoughts, or emotions that signal you're starting to feel overwhelmed.

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## What I Can Do First (On My Own)

**Try these calming activities:**

- Deep breathing
  - Listen to music
  - Go for a walk
  - Journal
  - Grounding exercise
  - Other: \_\_\_\_\_
- 

## Things That Help Me Feel Safe

**Places I feel calm/safe:**

*Describe spaces that bring you peace, such as your bedroom, a cozy corner, or a favorite park.*

**Activities that comfort me:**

*Think about hobbies or practices like reading, drawing, or yoga.*

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**People I Can Reach Out To**

Reach out to someone who can provide support:

- **Name:** \_\_\_\_\_ **Contact:** \_\_\_\_\_
  - **Name:** \_\_\_\_\_ **Contact:** \_\_\_\_\_
  - **Name:** \_\_\_\_\_ **Contact:** \_\_\_\_\_
  - **Name:** \_\_\_\_\_ **Contact:** \_\_\_\_\_
- 

**Support Options**

**A trusted adult or mentor:**

*Write down someone you trust, like a teacher, coach, or family friend.*

**Local or school support:**

*List resources available to you such as a counselor or support group.*

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**My Environment**

**What can I do to make my space feel safer?**

Consider adjustments like adding soft lighting, plants, or a calming scent that can help you feel more secure.

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# My Commitment to Myself

**One thing I will do to take care of myself:**

*Write down a small, achievable goal that prioritizes your well-being each day.*

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## Reflection

**What helps me the most when I feel overwhelmed?**

*Reflect on past experiences and identify what has been most effective in calming you.*

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## Grounding Visual

**5-4-3-2-1 Prompt:**

- **5** things you can see
  - **4** things you can touch
  - **3** things you can hear
  - **2** things you can smell
  - **1** thing you can taste
- 

## Affirmation

“I deserve to feel safe. I can reach for support.”

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Feel free to revisit and update this worksheet whenever you need. Remember, you are not alone, and taking steps to ensure your safety is a powerful act of self-care.