

MY WELLNESS PLAN

NAME: _____

DATE: _____

Life can get difficult, to the point where it feels hard to connect with people or activities you enjoy. Remember, you are not alone. There are people who want to help. These steps will help remind you of supports. Let's start now, one step at a time.

<p>What can cause me to feel stressed, depressed, or withdrawn (even for just a short period of time)?</p> <p>1. _____</p> <p>2. _____</p>	
<p>Recognize my warning signs (feeling sad/angry/anxious/frustrated/ fidgety/ wanting to be alone, etc.)</p> <p>1. _____</p> <p>2. _____</p>	
<p>Practice coping strategies/distractions (see below)</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p><i>Ask, "How likely will I do this during a time of need (stress, depression, anxiety, conflict, crisis, etc.)?"</i></p>	
<p>Safe places I could go:</p> <p>1. _____</p> <p>2. _____</p> <p><i>Ask: "Are these realistic and safe?"</i></p>	
<p>Identify trusted adults (include name & phone)</p> <p>Name: _____ Phone: _____ (Is number saved in your phone?)</p> <p>Name: _____ Phone: _____ (Is number saved in your phone?)</p>	
<p>Crisis Support Services</p> <p>24-hr Suicide Lifeline 988</p> <p>24-hr Crisis Chat Line www.contact-usa.org/chat.html</p> <p>24-hr Crisis Text Line Text 'HEAL' to 741741</p> <p>Teen Line Text 'TEEN' to 839863</p> <p>Trans Lifeline 877-565-8860</p>	<p>Trevor Project – LGBTQ 866-488-7386</p> <p>Trevor Project Chat Line www.thetrevorproject.org</p> <p>Trevor Project Text Line Text 'START' to 678678</p> <p>Teen Link – Call in 6-10pm 866-427-4747</p> <p>Safe Place – For shelter Text 'SAFE' to 4HELP</p> <p>Call 211 – Find resources Call or go online</p> <p>911</p>
<p>Coping Strategies Idea Bank</p> <ul style="list-style-type: none"> - *intentional* music - Write/ draw your thoughts or feelings - Talking to someone about your thoughts/feelings - crying - Write a letter to a friend - Movement (walking, running, dancing, yoga) 	<p>Positive Distractions Idea Bank</p> <ul style="list-style-type: none"> - TV/ games - Going outside or to a social event - Talking with someone about something fun/ distracting - Petting your cat/ dog - Distracting music - Cooking
<p>Physiological Strategies (calming down the nervous system)</p> <ul style="list-style-type: none"> - Deep breathing (inhale for 4 seconds, hold for 4 seconds, exhale for 6 seconds; repeat 5 times) - Smells: smell essential oil, flowers, cinnamon stick, coffee bean, etc. - Tastes: taste something intense like an Altoid mint or sour patch kid candy - Physical Sensations: Slime/ Play-Dough, warm fuzzy blanket, holding an ice cube in your hand until it melts, walk barefoot outside - Basic needs: Do you need water? Food? Sleep? 	

Why are these the important steps in creating your wellness plan?

1. **Recognize my stressors:** this is to help you to recognize when my stress/anxiety/depression may escalate, so that you know to refer to your plan, and take action to reduce risk.
2. **Practice coping strategies:** Think of activities you can do by yourself to take your mind off your problems, even if it is for a brief period. What strategies have helped you cope in the past?
3. **Use positive distractions:** Ask yourself what people, public places, groups, or social events help you take your mind off your problems or help feel better?"
4. **Identify trusted adults:** Which adults in your life are supportive of you? Who do you feel that you can talk to when you're under stress? Who will get you help if more is needed?

***Tip:** Keep a copy of this paper in multiple places and take a picture on your phone! We can make a copy for you if you want. Keep one in your binder, near where you sleep, or in other places where you spend a lot of time.



