

## Safety Planning During Times of Distress

This resource\* is meant to help you create a proactive plan to care for yourself and your community in times of difficulty. It is a good practice to make this plan when you are in a positive state of mind and feel cared for and safe.

### Recognizing Emotional Signals:

Consider the ways your body, emotions, and thoughts signal that you are feeling a particular way, and then identify the practices that are helpful and harmful in those times.

	What are the warning signs you are beginning to feel this way?	What practices help you when you are feeling this way?	What practices do you want to avoid when you are feeling this way?
<b>Anxious or Stressed</b>			
<b>Sad or Depressed</b>			
<b>Angry or Frustrated</b>			
<b>Other:</b>			

**Identifying Support:** *This can be done in conjunction with the [Pod Mapping tool](#) by BATJC.*

1. Who can you contact or what/where can you turn to in order to...

a. process or deal with challenging emotions? \_\_\_\_\_

b. ground you and help you care for yourself and your body? \_\_\_\_\_

\* This tool was made by BWell Health Promotion at Brown University and is informed by and modeled after the Spring Up Safety and Care Plan Resources ([timetospringup.org](http://timetospringup.org)).

c. have fun and get your mind off things? \_\_\_\_\_

d. feel comfortable and/or safe? \_\_\_\_\_

e. hold you accountable and support you if you harm someone? \_\_\_\_\_

f. manage other priorities (e.g., family/pet care, work shift, etc.) while you are focused on addressing a more urgent situation? \_\_\_\_\_

2. Is there anyone you feel you must notify if there is a crisis situation (e.g., employer, professor, roommate, etc.)?

\_\_\_\_\_

3. Who might you contact in case of an emergency or crisis involving the state (e.g., police, immigration, hospital, etc.)?

\_\_\_\_\_

4. What are three affirmations you can keep in mind?

a.

b.

c.

### Offering Support to Others:

Identify some of the ways you can show up for others in your community during times of difficulty. Thinking about these now can help you better articulate your boundaries with others in times of greater tension/need.

	What are you willing to share and with whom?	Are there conditions for when you are more or less likely to share?	What aren't you willing to share?
<b>Physical &amp; Material:</b> The extent to which you share your personal space, finances, and objects.			
<b>Mental &amp; Emotional:</b> The extent to which you share your thoughts, ideas, and feelings with others.			
<b>Time:</b> The ways in which you allocate and share your time.			
<b>Self-Disclosure:</b> The extent to which you share your identities and experiences with others.			