



EMERGENCY SELF-CARE

WORKSHEET

Why do I need to do this? It is very hard to think of what to do for yourself when things get tough. It is best to **have a plan ready** for when you need it.

What should be in it? You need to consider 3 general areas: what to do, what to think, and what to avoid.

1. Make a list of what you can do when you are upset that will be good for you.

Walks

Therapy

- a. What will help me relax? _____
Distract myself, go out

For example:

- Breathing, muscle relaxation, music, etc.
- Reading for fun or watching a movie
- Exercising or taking a walk

- b. What do I like to do when I'm in a good mood? _____
Keep to myself and keep space

- List all the things you like to do so you remember what they are when you need to think of something to do.

- c. What can I do that will be help throughout the day? _____
Disconnect from the situation, remembering it's
Temporary

For example:

- Avoid too much caffeine if feeling anxious
- Remember to breathe
- Watch my thoughts
- Stay in the moment

- d. Other: What else do **you** need to do that is specific to **you**? _____

2. Make a list of people you can contact if you need support or distraction.

For example: a friend, sibling, parent, grandparent, relative, therapist, priest/minister/rabbi/imam, etc.

My friends _____
Therapist _____

a. Divide the list of people into categories by asking yourself the following questions:

- Who can I call if I am feeling depressed or anxious? _____
- Who can I call if I am lonely? _____
- Who will come over to be with me if I need company? _____
- Who will listen? _____
- Who will encourage me to get out of the house and do something fun? _____
- Who will remind me to follow my self-care plan? _____
- Other: _____

3. Next, make a list of positive things to say to yourself when you are giving yourself a hard time.

Examples of negative self-talk

- “Since I got a B- on the paper, that proves I shouldn’t be in graduate school.”
- “I don’t understand reserach methods. I am so dumb.”
- “I can’t get all of this work done. I should just drop out.”

Examples of positive self-talk

- “This is a good grade. I can work on getting a better one.”
- “A lot of students are having problems with this course. Maybe we should start a study group to help each other.”
- “I will develop a schedule so I can get this all done on time.”
- “I can check with other students for ideas.”
- “I can get some feedback from the professors who might help me on the assignments.”

You get it. Try to think about what you would say to a client with the same struggles and apply it to yourself.

4. Then, make a list of who and what to avoid when you are having a hard time.

Examples of people to avoid

- My partner broke up with me. I won't call my sister because she always hated them. She'll be happy that he's gone.
- I didn't get my assignment in on time, and I'm worried about my grade. I won't call my dad. He's someone who always does things in advance and never procrastinates. He'll just give me a hard time.
- I'm discouraged about my grades. I won't call my best friend because she'll just tell me not to worry about it and to quit school if it's such a big hassle.

Examples of things to avoid

- I should not stay in the house all day.
- I should not stay in bed all day.
- I should not listen to sad music.
- I should not drink too much alcohol.
- I should not keep the shades closed to keep the sunlight out.

You get this too. Not everyone can be supportive or helpful with every situation. Go to the ones who can be supportive about the specific issue you are dealing with.

5. Write this plan on a 3x5" notecard. Keep it in your purse/wallet (and on your phone, if you can). Look at it often. Add good ideas to it whenever you can. USE IT!