

Crisis Self-Care Plan

READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
<p>Definition: -Functioning well -Growth mindset -Wellness</p> <p>Features: -At one's best -Well-trained, prepared -In-control -Physically, mentally, and spiritually fit -Mission focused -Motivated -Calm and steady -Behaving ethically -Having fun</p>	<p>Definition: -Mild, short-term loss of functioning/distress -Always goes away</p> <p>Features: -Feeling irritable, anxious, or down -Motivation/focus loss -Difficulty sleeping -Muscle tension or other physical changes -Not having fun</p>	<p>Definition: -More severe and persistent distress or loss of functioning -Leaves "a scar"</p> <p>Features: -Loss of control -Panic, rage, or depressed mood -Substance abuse -Not feeling like self -Excessive guilt, shame, or blame -Diminished sense of purpose, meaning, or hope for the future</p>	<p>Definition: -Unhealthy stress injury causing life impairment -Clinical mental health disorder</p> <p>Features: -Symptoms persist and worsen over time -Severe distress -Social or occupational impairment</p> <p>For 24-7 help, call: 1-800-273-8255</p>
Where do I fall right now?			

COVER

'I honor myself by prioritizing my safety'

→ How have I been keeping myself safe during this crisis?

→ What do I need to increase my sense of personal safety?

CALM

'I honor myself by engaging in self-care'

- How am I feeling in this moment?
- How have I been caring for myself lately?
- How can I engage in the self-care activities that I have access to?

CONNECT

'I honor myself by connecting to others'

- What does my support system look like?
- Who can I talk to when times are difficult?
- How can I socially connect, even when physically distancing?

COMPETENCE

'I honor myself by accessing helpful resources'

→ Are there resources I need to better care for myself? If so, how can I access these resources or ask for help to do so?

→ Create a priority list: What are the top 3 things I can do for myself moving forward to better care for my own needs?

CONFIDENCE

'I honor myself by releasing self-judgement'

→ How have I coped with difficult things in the past?

→ Are there lessons from the past that can serve my needs today?

→ How can I use this plan to care for myself moving forward?