

Anxiety Safety Plan

Here's my draft of your safety plan. I'd like you to edit it when you get time and share it with at least one person. It should also be somewhere where it is readily available to you (phone or fridge)

The Brain

Prompt	Notes
<p>Decatastrophizing What are you worried about? How likely is it that this will happen? What protections/safeguards do I have in case the worst happens? What are the chances you'll be okay if the worst happens? Is something bad the ONLY thing that can happen?</p>	
<p>Motivational Thinking How can I achieve the best outcome of this situation? What outcome am I in control of? How much autonomy do I have?</p>	
<p>Support Who are my support persons? Do I need help? Have I asked them for help? (remind yourself that there is no set amount of help you are entitled to and that you are not a burden)</p>	
<p>Solution Focused What answers do I have? Can I make some (not all) decisions based on these answers? Do I have a timeline to make these decisions? Is the timeline one I'm comfortable with?</p>	

The Body

Prompt	Notes
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<p>Somatic Therapy https://life-care-wellness.com/somatic-experiencing-exercises-to-keep-you-grounded/ https://courage-counseling.com/somatic-experiencing-self-help-tips/</p>	
<p>Anxiety Playlist</p>	
<p>Baking/Cooking</p>	
<p>Sex/Self Sex</p>	
<p>DBT Exercises https://www.dbtselfhelp.com/html/mindfulness.html https://psychcentral.com/blog/1-minute-mindfulness-exercises/ https://www.headspace.com/mindfulness</p>	
<p>Mindful Eating https://www.mindful.org/6-ways-practice-mindful-eating/ https://www.health.harvard.edu/staying-healthy/8-steps-to-mindful-eating https://www.headspace.com/mindfulness/mindful-eating</p>	

For the links I provided, I'd like you to just look at and see what things usually work for your body

The Environment

Prompt	Notes
<p>Limiting Environmental Stressors</p>	
<p>Asking for quiet time or space when needed</p>	
<p>Having strict work or study hours/scheduling lunch breaks</p>	

**Taking a break from your phone
or screens daily**