

Please listen to the podcast where we will give you suggestions of some of the skilful things you might put into this plan. It is important to practice these skills before you need them to make sure they work for you. You might want to keep this in an accessible place &/or give it to a friend who can help remind you to use it when you need it.

My Plan

When I am feeling overwhelmed these are the things I have decided to try first.

DISTRACTION

The distractions that work best for me are:

Activities, Contributing, Comparisons, Opposite Emotions, Pushing away:

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Other Thoughts:

I will think about..... when I feel upset.

I will try and distract from my emotion by in order to generate other Sensations. (eg Have a hot shower, listen to loud music)

SELF- SOOTHE

Things that make me feel better are:

Vision:

Hearing: Music I will listen to:

Smell:.....

Taste:.....

Touch:.....

IMPROVE THE MOMENT

I will try and make this moment better right now by: Imagery; Meaning; Prayer; Relaxation;
One thing in the moment; A brief Vacation:

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Encouragement: I will encourage myself by saying to myself:

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