

The Safety Plan



A **Safety Plan** is a list of activities a person can choose from to stay in control of their feelings and actions when feeling stressed and overwhelmed.

FOUR DOMAINS OF SAFETY



Physical



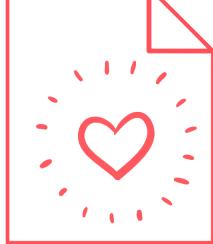
Psychological



Social



Moral/Ethical

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- ? **How do you know** when you are so upset that you have lost control of your feelings?
 - ? **What do you do** when your emotions get too intense?
 - ? **What usually helps** when you feel this way?
 - ? **Who can you turn to?** How can they help?
 - ? **What are the things** that make you most in danger of losing control? What are your trigger points?
 - ? **What is your plan** for coping in a safe way when you become extremely angry or upset?

SAFETY PLAN SPECIFICS

1. The Safety Plan includes activities to help you stay calm and that you can do on your own wherever you are.

2. The Safety Plan should be written and kept in a place you can easily find when you need it.

3. It is important to practice doing the activities on your **Safety Plan** when you are calm. This will help you when you are stressed and really need to use it.

4. Safety Plans are for everyone: students, staff, parents and groups.

SAMPLE SAFETY PLAN



My Safety Plan

1. Count backwards from 20.
2. Listen to my favorite song.
3. Take 5 deep breaths.
4. Take Walk. 
5. Massage my hands. 