

My Emergency Self-Care Plan

When we face a stressor or encounter vicarious trauma responses we frequently don't have time to identify positive coping strategies. Our emergency self-care plan is our roadmap of supports that we have identified to guide us through those challenging moments. This ensures we have the self-care and wellness tools accessible when we need them most.



"Talk to yourself like you would to someone you love"
-Brene Brown



#1

Relaxation Skills

Example: Deep Belly Breathing

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

#2

Support Network

Example: Calling my best friend

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

#3

Positive Affirmations

Example: I am on my path to change

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

#4

Grounding Activities

Example: Listening to Music

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

#5

Avoid

Example: Social Media

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Need some self-care support? Reach out to the Sanar team to learn about additional customized wellness solutions for organizations.

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