

My CRISIS TOOL KIT

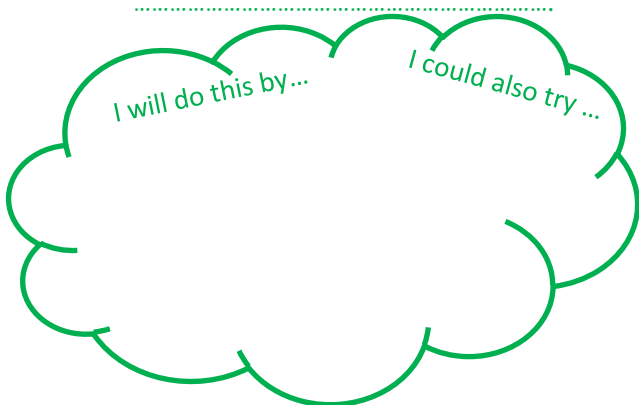
- 1).....
- 2).....
- 3).....
- 4).....
- 5).....
- 6).....
- 7).....
- 8).....
- 9).....
- 10).....

Do each one until the crisis passes – some might work for a few minutes, some longer. Once I've done all these, if I am still struggling, do them again!

(if applies) To keep me EMOTIONALLY REGULATED & stable I need to

- Get enough SLEEP
- EAT regularly
- DRINK enough water & avoid caffeine / energy drinks
- Take my MEDICATION regularly
- EXERCISE
- Do POSITIVE things everyday
- CHEERLEAD myself by saying

.....



I will do this by...

I could also try ...

(if applies)

When I am in CRISIS I need to

Wait for the emotion to pass
and not act on urges

Distract myself

Use my crisis tool kit

Practice Mindfulness by

.....

Talk to

I will do this by...

I could also try ...

My LITTLE

book of

SKILLS