



Emotional Well-Being Plan

1 What are the warning signs that I am starting to not feel like myself emotionally?

- 1.
- 2.
- 3.

2 What are some internal or individual ways I can soothe myself when I am alone, or no one is available?

(eg. have a shower, go for a walk, be kind and compassionate with myself, have my favorite snack, watch a funny show etc.)

- 1.
- 2.
- 3.

3 People who are supportive and comforting that I can open to and be honest with about how I am feeling?

- 1.
- 2.
- 3.

4 What are some local support groups?

- 1.
- 2.
- 3.

5 People I can reach out to for help in a crisis?

- 1.
- 2.
- 3.