

Safety Plan



1 Warning Signs

thoughts, feelings, behaviors, or situations that may indicate that I am beginning to struggle

2 Coping Strategies

things I can do on my own to manage difficult emotions

3 People I Can Contact

trusted and supportive people I can reach out to when I need help

4 Professional & Crisis Support

therapist, doctor, local crisis resources, and other professional supports

5 Making My Environment Safe

steps I can take to reduce access to anything I could use to hurt myself and what I will do if I feel unable to stay safe

Boredom Break Plan



1 Quick Fixes — Things you can do in 5–15 minutes

- Take a walk
 - Make a snack
 - Make a to-do list/grocery list
 - Stretch
 - Workout
 - Tidy one small area
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2 Fun & Entertainment — Things you do purely because they're enjoyable

- Movies/TV show
 - Video games
 - YouTube
 - Dance
 - Play a brain teaser game
 - Puzzles or quizzes
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3 Creative Mode — Activities that let you make or express something

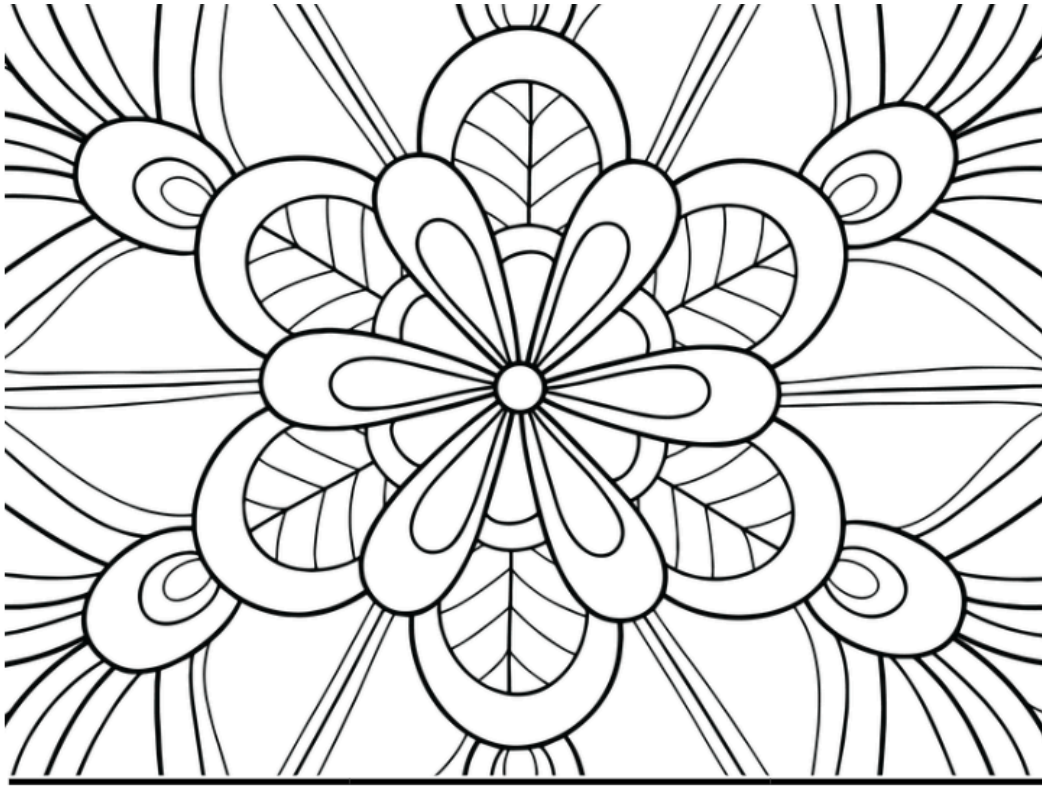
- Drawing
 - Writing
 - Photography
 - Puzzles
 - Cooking/baking
 - Crafts
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4 Get Out & Explore — Ways to change your environment

- Visit a new place in your neighborhood
 - Go to a café
 - Browse a store
 - Go to a park
 - Try a new activity
 - Look on Eventbrite
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5 Learn & Grow — Things that turn boredom into curiosity

- Learn a skill
 - Read about an interesting topic
 - Try a tutorial
 - Practice a hobby
 - Start a small personal project
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Get Creative!

3 that resonate with you &
2 that reflect who you want to become

List 5 Affirmations

- 1
- 2
- 3
- 4
- 5

Mental Wellness

Speak Your Mind & Find Your Peace



& Affirmations

Boredom Break Plan

A practical mental wellness guide filled with simple activities, productivity tips, boredom breaks, and affirmations to help you stay engaged, grounded, and intentional with your time.

SCAN ME!

