

Triggers

Where are you? Who is there?
What is happening?

Feelings

How do triggers make you feel?



My Coping Plan

Physical Changes

What starts to happen in your body?

Thoughts

What does your mind tell you?

Unhelpful Coping Strategies

What does your autopilot begin doing?



My Coping Plan

Grounding Strategies

Getting out of your head and into this moment

Thought Diffusion

Unhooking from unhelpful thoughts

Emotion Expansion

Unhooking from intense emotion

Active Problem-Solving

Starting with your own personal values

Who will I speak to?

- 1.
- 2.
- 3.
- 4.

24/7 Life Line: 13 11 14 **eheadspace (12 - 25 years of age):** 1800 650 890 or www.eheadspace.org.au

What are some healthy things I can do in the meantime to help myself feel better?

Some ideas: have 8-9 hours of sleep at night, eat 3 meals each day exercise (e.g., a brisk walk for 30-45 minutes 3 times per week) or visit friends.

