



# Emotional First Aid Plan

When overwhelm hits, it's easy to forget what helps. This Emotional First Aid Plan is your go-to guide when things feel intense. Use it to list the things that bring you calm, remind you of your strength, and reconnect you to yourself.

Fill out your personal plan below and keep it somewhere visible or easy to access.

## 1. Three things that help me calm down quickly:

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## 2. My soothing songs or playlists:

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## 3. A place (real or imagined) that brings me peace:

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**4. A calming phrase or affirmation I want to remember:**

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**5. People I can reach out to when I need support:**

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**6. One small action I can take when I feel stuck:**

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*Healing begins with the lightest of steps.*