

## Emotional Safety Plan

How to use this guide:

1. Identify your triggers (Needs/Areas to Address): What are things or situations that overwhelm you? Triggering situations can include reminders of abuse or the feelings associated with abuse. Warning signs of feeling triggered could include overwhelming thoughts or feelings, mood changes, behaviors typically out of character, sleeping changes or body sensations. What do you need at this moment or which areas do you need to address?
2. Identify actions to be taken: What can you do to take your mind off the emotional situation? It can be helpful to focus your attention on something else to give your heart and mind a break (For example: watch your favorite TV show or funny Tik Toks, go on a walk outside or read a book) What are some coping strategies you find useful to calm your mind and your body? (For example: deep breathing or grounding exercise, listening to music, using some positive affirmations). What are small things you can change in your surroundings or with your body to help you feel grounded through this crisis moment? (For example: spending time in nature, lighting candles or using some relaxing essential oils, or taking a shower or bath.)
3. Call on the people in your support system: Who are supportive people that you can call for help? Sometimes calling a support person to talk about something else can help distract you from the current situation. It can be helpful to write down their name and phone number on this guide, if needed. If you can't identify support people, or if they are unavailable, you can always speak with a team member at The Hive or call a crisis line such as RAINN.

If you need any help filling out this form that meets your individual needs, you can always call The Hive and one of our advocates can assist. You don't have to go through this alone

<u>Need/Area Address</u>	<u>Action to be taken</u>	<u>Support/Accountability</u>	<u>Implementation Time</u>