



Shodair

Children's  
Hospital

# EMOTIONS

- |              |             |
|--------------|-------------|
| Anger        | Jealous     |
| Anxious      | Joy         |
| Connected    | Judged      |
| Curious      | Lonely      |
| Disappointed | Loved       |
| Disgust      | Overwhelmed |
| Embarrassed  | Reflective  |
| Empathetic   | Resilient   |
| Excited      | Sad         |
| Frustrated   | Scared      |
| Grateful     | Shy         |
| Grieving     | Surprised   |
| Guilty       | Targeted    |
| Happy        | Vulnerable  |
| Hurt         | Worried     |



# SAFETY PLAN

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_





# Self Care

- DRINK PLENTY OF WATER
- EAT SOMETHING HEALTHY
- TAKE A WALK
- LISTEN TO MUSIC, PODCAST
- PLAY A GAME
- STRETCH OR EXERCISE
- GET A CUP OF COFFEE/TEA
- DO SOME BAKING
- ORGANIZE / CLEAN
- CREATE, BRAINSTORM
- GET A MASSAGE
- READ A BOOK
- GO SHOPPING
- SPEND TIME WITH FAMILY
- TAKE A SHOWER / BATH
- RELAX
- EXFOLIATE
- ENJOY SUNSHINE
- TAKE A NAP
- SEEING A THERAPIST
- TALK TO A FRIEND
- DRAW OR COLOR
- GO SWIMMING
- AROMATHERAPY
- DEEP BREATHING
- CREATE A ROUTINE
- MEDITATE
- PEDICURE / MANICURE
- GARDEN
- WATCH A MOVIE
- VISIT A PLACE OF WORSHIP
- LOVE A PET
- ASK FOR HELP
- FIND A QUIET SPACE
- SPENDING TIME OUTSIDE
- GO ON VACATION
- FIND A REASON TO LAUGH
- KICK-BOXING
- DARK CHOCOLATE
- ACUPUNCTURE
- HAVE A GOOD CRY
- JOURNALING
- GO FOR A DRIVE

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