

Step 3: My Emergency Self-Care Stress Plan

My reminder of the things that can help when I'm feeling stressed and/or overwhelmed. Self-Care is NOT a luxury, but a necessity.



Things I can do that will help me feel less stressed...

People I can contact who will help lift my spirits...

Things I need to remember....

Feeling extremely stressed or distressed? Visit [Staying Safe](#) on the Connecting with People website