

MY PERSONAL SUPPORT PLAN

Top 3 Triggers
Things that are likely to put me
in a bad headspace

Top 3 Coping
Strategies
To do on my own

PEOPLE WHO I CAN

ASK FOR HELP

DISTRACTION
TECHNIQUES
To do in my hospital room

WHAT PEOPLE SAY OR DO THAT IS
NOT helpful

WHAT PEOPLE SAY THAT FEELS
Supportive

WHAT I CAN **make**, PLAY,
create OR **Build**

WARNING SIGNS
(THOUGHTS, MOODS, BEHAVIORS)

GET MOVING

Ways to burn off stress hormones and pump in
feel-good endorphins

CODEWORD

to quickly let others know that I'm feeling distressed: