

Plan for Difficult Days

Recommended to note your plan on an index card

Think about some signs that things are getting harder for you or when you are starting to feel overwhelmed. These could be things you do, say, think, or how you might feel or act. Be aware of:

- 1** **Warning signs that a crisis may be developing?**
e.g., isolating, irritability
- 2** **What helps you manage distress? What are some coping strategies?**
e.g., listening to music, going for a walk
- 3** **What are some reasons for living? What brings you joy? What keeps you going?**
e.g., a hobby, friends
- 4** **Who are some people you may contact for support? People you enjoy talking with?**
- 5** **Professionals or crisis lines you may contact?**
e.g., therapist crisis hotline, 988

