

Emergency Self-Care Plan

Helpful Strategies

List your top 5 emergency self-care strategies.

- 1.
- 2.
- 3.
- 4.
- 5.

Harmful Strategies

List 5 places, people, practices, or things to avoid during times of stress or crisis.

- 1.
- 2.
- 3.
- 4.
- 5.