

SAFETY PLAN IDEAS

1. Recognize any heightened emotions and be willing to remove yourself physically from the situation if needed.
2. If your spouse wants to be consoled and you're not up to it, you don't have to. You can simply say something like "I love you and I don't have the capacity for that right now."
3. It takes time to cool off. Usually a minimum of 20-25 minutes.
4. If you're feeling a lot of emotions, be willing to feel them. Write it down. If you don't have a "Pain Processing Guide" yet, email me directly for a copy:
Lindsay@LindsayPoelmanCoaching.com
5. Pray, Meditate, practice mindfulness, etc. Do activities where you connect with yourself (yoga also works great).
6. Stay present with yourself. Take deep breaths.
7. Understand that your body is yours. You can choose what to do with it.
8. If you're still at a loss for what to do, reach out to someone you trust. Ask for them to support you in the way you know best. This may look like a phone call, Marco Polo, lunch, them coming over and watching a movie, them listening to you, etc.

9. List out 5 things that you have control over to help yourself feel safe:

1. _____
2. _____
3. _____
4. _____
5. _____

