

Emergency self-care Plan

This plan is to be used for when things are not going to plan and you need to take time out for you NOW, not tomorrow but now right away NOW.

This frame work is also a great way to recognise when you need to take care of yourself and replenish. It can be used to identify your emergency routine or to build self-care habits for everyday.

So now turn to yourself and pay attention to the signs of stress or turmoil in you:

- What are the signs in your body?
- What are the signs coming up for you mentally and emotionally?
- What does your heart feel?
- Physically and Mentally, what do you need to do to recover?

List below the signs you are experiencing and what are you go-to "tools" to recover. Also list what are you go-to "tools" to take care of yourself on a daily/ weekly basis.

Take care

Gwen from When you make it happen.

What I experience in my body is...



What I experience in my mind is...



Emergency self-care Plan

What I experience in my heart is...

My Emergency Self-care actions are:

These actions helps my body, my mind and my heart to recover when it all goes out of hand.

My normal Self-care routine actions are:

These actions helps my body, my mind and my heart to replenish daily and weekly.

50 Emergency Self-care Ideas

if you don't know where to start...

- Sew/ Knit for 30min
- Read for 1 hour
- Tidy up your wardrobe
- Practice yoga
- Meditate/ Pray
- Play an instrument
- Do a sudoku/ crosswords
- Paint/ draw /doodle
- Write in your journal once a day
- Do a puzzle
- Spend time in your garden or looking out through your window
- Write a book
- Play board games
- Day dream for 30 min
- Say no to someone (kindly!)
- Go for a walk
- Write letters to your friends
- Build a playlist of your favourite tunes
- Have a nap
- Cry for 10 min
- Scream in a towel
- Do some exercise/ move your body
 - Start a Scrapbook/ picture album
 - Listen to the birds
 - Watch the stars on a Spring/ summer night
 - Call a friend you have not seen in ages
 - Write down 3 things you are grateful for every night
 - Do not go on social media for 24h (or more)
 - Block time for you once a day for at least 30min
 - Dance for 15mins like no one is watching
- 8 hours sleep
- 12 hours sleep
- Schedule to drink water regularly
- Eat at breakfast, lunch & dinner
- Breathe deeply for at least 5 mins
- Take a bath
- Sing out loud
- Cook a meal from scratch
- Have a cold shower
- Do nothing for 15min
- Talk to someone
- Remember your favourite place.
- Stretch for 15min
- Listen to music
- Stroke a pet
- Do the ironing
- Watch your favorite movie
- Close your eyes and dream for at least 10mins
- Hug someone you love
- Spend a few minutes holding space for your emotions acknowledging they are present.