

More Resources

Insta:

@journey_to_wellness_

Websites:

www.journeytowellness.online

www.cci.health.wa.gov.au

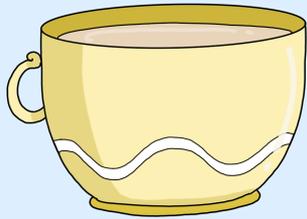
beyondblue.org.au

depression.org.nz

anxiety.org.nz

mentalhealth.org.nz

blackdoginstitute.org.au



My Plan

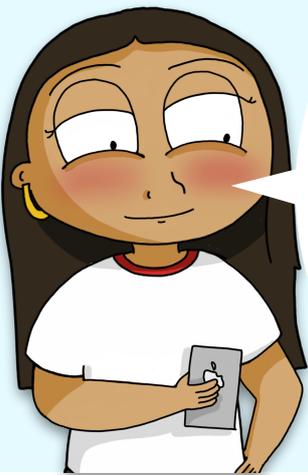


Keeping Safe when times are tough

Created by Journey to Wellness
www.journeytowellness.online
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Reasons to keep going

When you feel really distressed & overwhelmed, and everything seems too much it's hard to remember all the things you used to love & all the reasons to hang around. Turn to this page when you need a reminder. Your life matters.



Not all thoughts are true. Things will get better and this feeling WILL pass. Even though you might not believe it now; you ARE worthy.

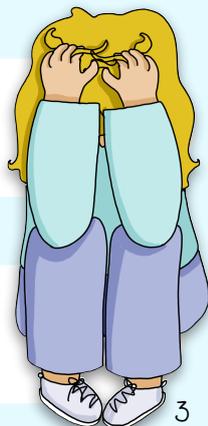
When I'm struggling...

I think... (write your unhelpful thoughts here)

My body feels like... (what sensations do you experience in your body?)

I start acting in these ways... (jot down the unhelpful behaviours you notice)

I notice these emotions the most...



My red flags/ Warning signs

When things are going downhill, many of us have some tell tale signs that let us know we are struggling.

Pay attention to these things - they are messages to you to let you know it's time to look after yourself & keep safe.



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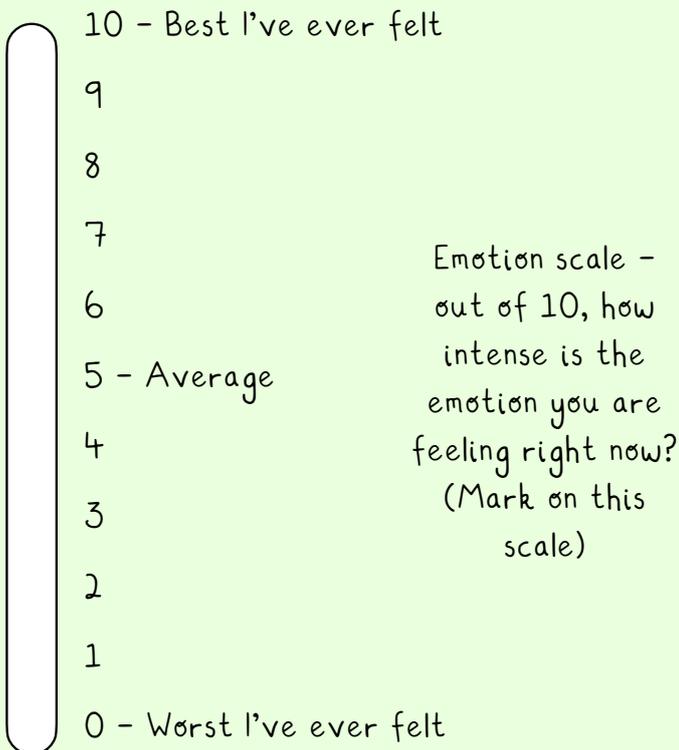
My reasons to live: (think of things you used to enjoy or look forward to. Write down people, places & things that are important to you)



Examples: Friends, family, pets, a future version of you who is happy, hobbies, sports, music etc

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Check-in How am I doing right now?



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Important things to include:

- How you will manage unhealthy urges
- Making your environment safe

Tip: Get rid of anything you might use to harm yourself - give these things to someone you trust to look after or throw them away. Don't forget to contact your crisis person.

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Keeping Safe

What can I do right now to keep safe?



When things are at their worst the most important thing you can do is keep yourself safe. Hang in there. Make a plan here to keep safe in crisis.

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What is one small thing I could do to help me move just 1 step up this scale?

I will...



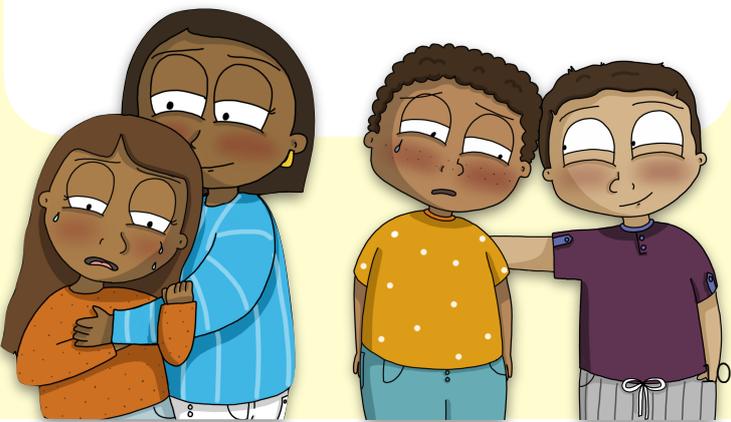
E.g. Go for a walk, text a mate, watch something funny on Netflix, take a hot bath, listen to some music

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Support People

These people have my back!

When you feel low & distressed it's easy to feel like no one cares or you don't know where to turn. Remind yourself you are loved & make a list of your go-to people here:



When I'm alone, things that help me are...

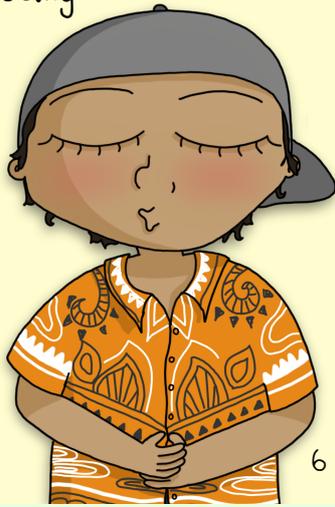


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How can I cope when I'm alone?

It's a good idea to have a list of things you can use to support you in times of distress when you're by yourself.

- Breathing exercises
- Listen to music
- Watch something distracting
- Call or text someone
- Journal
- Go for a walk/run
- Sing/dance
- Cook/bake
- Read
- Meditate
- Yoga



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Who is best at cheering me up?

Who can I go to in a crisis? (Don't forget to list support lines or your counsellor here)

Where can I go if I need help? (You could list specific places here, like a family members house)



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How can I cope when I'm around others?

When you're feeling awful & your around others it can be tough - you might feel like you want to hide how you feel, be on your own. It can help to lean on the people around you that you trust and open up about how you feel OR use them for distraction!



Remember, you are NOT a burden

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When I'm around others, things that help me are...

E.g. Talk to them about how I feel, get distracted by joining the conversation, excuse myself if I need a second, text someone I trust

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