

MY HOLIDAY SURVIVAL PLAN

by Rebecca Ogle, LCSW



ANTICIPATED TRIGGERS

Things that may happen over the holidays that will result in anxiety, depression, suicidal thoughts, or trauma response.

1. _____
2. _____
3. _____

LIKELIHOOD OF TRIGGERS OCCURRING

Rate on 1-10 scale, with 1 being "extremely unlikely" and 10 being "definitely will."

1. _____
2. _____
3. _____

HOW I WILL COPE WITH TRIGGERS

- | | |
|---|--|
| <input type="checkbox"/> Take 3 slow breaths. | <input type="checkbox"/> Tense all muscles for 10 seconds and relax. |
| <input type="checkbox"/> Observe using 5 senses. | <input type="checkbox"/> Say something kind to myself. |
| <input type="checkbox"/> Splash cold water on face. | <input type="checkbox"/> Phone or text a friend. |
| <input type="checkbox"/> Step outside for a bit. | <input type="checkbox"/> Bring my mind back to the present moment. |
| <input type="checkbox"/> Practice gratitude. | <input type="checkbox"/> Tolerate my discomfort. |
| <input type="checkbox"/> Listen to a favorite song. | <input type="checkbox"/> Other (write in): _____ |

FOR SUPPORT OR ASSISTANCE, I WILL CONTACT...

Name 1: _____ Phone number: _____

Name 2: _____ Phone number: _____

Name 3: *National Suicide Prevention Lifeline* Phone number: 1-800-273-8255

Rebecca Ogle is a licensed therapist who provides teletherapy to folks with anxiety, depression, self-esteem and relationship problems in the state of Illinois and internationally.
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