

# my holiday mental health plan

## 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 a 1-10 scale, with 1 being "extremely unlikely," and 10 being "definitely will."

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## how will i cope with triggers?

Circle, underline, or highlight. Choose skills that will work for YOU.

- |   |  |
|---|--|
|  take 3 slow breaths        |  go somewhere to be alone for a bit             |
|  use the 5-4-3-2-1 method  |  say something kind to myself                  |
|  write in a journal       |  tense all muscles for 10 seconds, then relax |
|  give myself a hug        |  watch a funny video                          |
|  listen to favorite music |  other: _____                                 |

## who will i contact for support?

Name 1: \_\_\_\_\_ Phone: \_\_\_\_\_

Name 2: \_\_\_\_\_ Phone: \_\_\_\_\_

Name 3: \_\_\_\_\_ Phone: \_\_\_\_\_

National Suicide Hotline: 1-800-273-8255

Illinois Warm Line (non-crisis mental health support): 1-866-359-7953