

Name _____
Date _____

Safety & Wellness Plan



Actions to take	Tells for others / Interception for me (how I know)	What to avoid										
Things that maintain my <i>Baseline</i>	Baseline: I am well	Things that decrease my wellness										
Early Intervention Strategies	Rumble Warning: Early signs of distress, but still okay	Common Early Risks										
Late Intervention Strategies Call a friend: Who _____ Phone _____ PRN Medication _____	Distressed: I am distressed and need to take action	Common Late Risks										
Harm minimisation: What I need to do to be safe	Crisis: I need to take crisis actions right now	Biggest likely risk										
Primary Emergency Contact _____ Relation _____ Ph _____ Preferred ED Hospital _____	Crisis: I need to go to psych ward <input type="checkbox"/> I have a list of allies on the reverse of this	<table border="1"> <tr><td>Crisis Care</td><td>1800 199 008</td></tr> <tr><td>Suicide Prevention Hotline</td><td>1300 651 251</td></tr> <tr><td>MHERL</td><td>1300 555 788</td></tr> <tr><td>Lifeline</td><td>13 11 14</td></tr> <tr><td>Call 000 - Ambulance, Fire, Police</td><td></td></tr> </table>	Crisis Care	1800 199 008	Suicide Prevention Hotline	1300 651 251	MHERL	1300 555 788	Lifeline	13 11 14	Call 000 - Ambulance, Fire, Police	
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Safety & Plan - Allies



Allies - Known safe people <table border="1"> <thead> <tr> <th>Relationship</th> <th>Name</th> <th>Phone</th> <th>Note</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table>				Relationship	Name	Phone	Note																													Do Not Contact																		
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Stress Mountain



Trigger Event
A Trigger is what changes you from the Baseline. This Event may be:
• Internal (biology, memory/ thought)
• External (threat, surprise)

External Trigger Solutions
Threat: Address if Clear & Present, create a basic plan if not
Surprise: Safety check, then calming exercise

Internal Biology Triggers
• Forgot meds or took substances
• Hormones (menstrual, adrenal)
• Didn't eat (4 hrs./ate an allergen)
• Fatigue (sleep or rest)
• Sensory trigger

Biology Triggers Solutions
• Take meds / wait or ER
• Eat prevention food/water or ER
• PMDD steps Calm Ex, meds
• Sleep or rest
• Address or change sensory trigger

Survival Mode (Adrenaline) Anger Series
1. Freeze
2. Fawn
3. Fight
4. Flight
5. Run

Recovery
Recovering from a crisis means a safe space to calm down and rest to regenerate resources.
It is important to review the steps we take, as some *Improve Recovery* and some *Hinder Recovery*.

Pre-Stress
Pre-stress increases the height of the baseline. This sensitises you to the baseline. *Distressed* is stronger and briefer, *Rumble Warnings* are briefer.

Rumble Warning
These are the early signs that you are not managing and are heading to a crisis / meltdown. Change in behaviour, feeling or thoughts should trigger *Early Interventions*.

Early Intervention
• Simple re-stabilisation actions
• Food, meds, rest
• Breathing ex, mindfulness
• Address situational stress

Late Intervention
More drastic actions to fend off a meltdown, or prepare for crisis.
• Call for aid
• Take calm/sedating medications
• Minimise harm (remove temptation)

Improved Recovery
Improved Recovery is a routine that helps you return to your base state & protects you from re-triggering:
• Mindfulness
• Meds
• Safety
• Rest

Distressed
Thinking is hard, feelings are strong, & things seem urgent indicating that you are distressed. Gentle redirection & management will no longer work, time for *Late Intervention*.

Late Intervention
• Call for aid
• Take calm/sedating medications
• Minimise harm (remove temptation)

Harm Minimisation
With a plan: Hold on and wait
Crisis Plan

Re-trigger regression
Re-trigger regression

Hindered Recovery
Poor recovery includes anything that increases your emotional, cognitive or safety vulnerability:
• Not resting
• Staying in a stressful location
• Not eating, or eating poorly

Harm Minimisation
Your meltdown has predictable actions / behaviours that may be harmful to yourself or others. *While Survival Mode*, which will either trigger default survival actions or you can still choose, make choices that will decrease that risk *before* you lose cognitive control / choices.

Crisis / Meltdown
In crisis/meltdown, you have no cognitive control. You switch to *Survival Mode*, which will either trigger default survival actions or late for thinking and planning.

Distressed (pre-meltdown warning)
Late Intervention strategies

Re-trigger regression
Re-trigger regression

Improved Recovery Routine
Improved Recovery Routine

Top 6 "I'm Feeling Weird" Causes

1) **Meds:** Forgot your medication?



2) **Food:** Hunger or allergy?



3) **Hormones:** Adrenaline, Menstrual, Cortisol, or Thyroid?



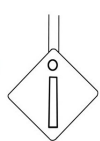
4) **Fatigue:** Poor sleep or need rest?



5) **Sensory:** Pain / Allergies / Overwhelm / Underwhelm?



6) **Threat:** Clear and present danger?



Serenity Mantra

May I have the Patience To Accept the things I Cannot change

May I have the Courage To Change the things That I Can affect

And the Wisdom To tell the Difference Between the Two

Joshua Davidson Therapy jomida.com

TOXIC PEOPLE MIND TOOLSET

ASSUME THE GOOD
When you meet someone, assume they are a decent person.
Most people are mostly good most of the time.

PRINCIPLE OF CHARITY
Try to see the assumed good intent with every interaction.
Good people mostly have good intentions, even if they make mistakes.

HANLON'S RAZOR
"Never attribute to malice that which can be adequately explained by stupidity."
Malice is rare. When you are first confronted by a situation that seems malicious, assume it is an error.

IGNORANCE OR INCAPABLE?
Assume a person is ignorant until informed. A good person who makes mistakes will change with understanding.
"...the difference between stupid and ignorant was that ignorant could learn."
Margaret Atwood

GREY'S LAW
"Any sufficiently advanced incompetence is indistinguishable from malice."
If they cannot comprehend or refuse to make changes, the difference between incapable & malicious is minimal.

ASSUMPTION OF MALICE
At this point they have lost the presumption of good will. They are harmful!
GET OUT!
Once a person has shown an inability to stop hurting you, they are toxic to you.

