My coping *plan.*

Vitamins build your capacity day to day; first aid helps when you're flooded. Fill it in on a calm day.

My vitamins *small things I do regularly, on good days too*

Ideas: a sleep wind-down, regular meals and water, movement I enjoy, sensory breaks, special-interest time, stimming freely, downtime to unmask, time with safe people.

Tick the days you did it. A few days a week still helps.

	M	T	W	T	F	S	S
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

My early warning signs *Distress can be easy to miss until it's big. Spot it early, and first aid works better.*

Body cues	Thoughts	What I do
tight jaw, hot face, hungry, buzzy	*"I can't", racing, going blank*	*snappy, pacing, going quiet*
_____	_____	_____
_____	_____	_____

My first aid *for the moment itself: body first, few words*

Calm my body

slow out-breaths, deep pressure, cool water

_____

_____

Reduce input

headphones, dim the lights, a quiet spot

_____

_____

Move

rocking, pacing, stimming, a short walk

_____

_____

Connect

a safe person, a comfort object, a card to show

_____

_____