



MY E.E.S.P.



EMERGENCY EMOTIONAL SUPPORT PLAN

MY COMMON TRIGGER SIGNS

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ONE-MINUTE STRATEGIES

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TEN-MINUTE STRATEGIES



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30-MINUTE STRATEGIES

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EXAMPLES



EMERGENCY EMOTIONAL SUPPORT PLAN

MY COMMON TRIGGER SIGNS

I START TO CRY OR TEAR UP EASILY.

I DIG INTO THE FREEZER AND EAT ALL THE ICE CREAM I CAN FIND.

I THROW MYSELF INTO MY WORK.

ONE-MINUTE STRATEGIES

REPEAT AN EMOTIONAL BOUNDARY MANTRA THREE TIMES.

WATCH THE CLOUDS. SPEND 30 SECONDS OBSERVING NATURE.

TAKE FIVE SLOW, DEEP BREATHS.

TEN-MINUTE STRATEGIES

TAKE YOUR COFFEE ON A WALK.

TAKE AN AFTERNOON MINDFULNESS SHOWER.

DO A SHORT GUIDED QIGONG BREATHING PRACTICE.



30-MINUTE STRATEGIES

TAKE A HOT BATH WITH EPSOM SALTS AND A LAVENDER CANDLE.

DRAW, COLOR, OR CRAFT WITHOUT YOUR PHONE NEARBY.

WORK ON THAT PROJECT YOU'VE BEEN THINKING ABOUT FOR THE
LAST SEVERAL YEARS.



AMBER TRUEBLOOD