The following plans are designed to help you reflect on the things that promote wellness in your life. When we are experiencing acute stress or emotional distress, it can be hard for us to remember ways to find safety and self-regulate. Be intentional while answering these questions, and feel free to reach out to your mentor or your group members for ideas and support. We recommend either printing these sheets out and filling in the blanks, or reflecting on these questions on a sheet of paper that you can always carry with you.

***Emergency Self Check-in Plan*** (Adapted from the Buffalo University School of Social Work Emergency Self-Care Worksheet)

* **Make a list of what you can do when you are upset**
  + What will help me relax? (Breathwork, physical activity, reading, watching a movie, listening to music, making art, calling a friend etc.)

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* + What do I like to do when I am in a good mood?

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* + What can I do that will help me throughout the day?
    - For example:
      * Avoid caffeine or alcohol
      * Taking small breaks to breathe, stretch, or just check out
      * Focusing on thoughts/meditating

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* + What else do YOU know you need throughout the day to feel good?

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* **Make a list of people you can contact if you need support or a distraction (best friend, sibling, parent, therapist, spiritual leader, mentor etc.)**

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* + Divide the list of people into main categories by asking yourself the following questions:
    - Who can I call if I am feeling depressed or anxious?

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* + - Who can I call if I am lonely?

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* + - Who will come over to be with me if I need company?

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* + - Who can I call if I am experiencing work-related stress? (important for humanitarians because not everyone will understand humanitarian work-related stress)

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* + - Who will remind me of my self-care plan or other resources if I am experiencing a mental health crisis?

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* **Make a list of positive things to say to yourself when you are giving yourself a hard time** (write these down as though you were telling them to your best friend - we are usually unfairly critical and harsh on ourselves!)

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* **Make a list of who and what to avoid when you are having a hard time** 
  + For example:
    - I should not sit in bed all day if I am having a hard time
    - I should not listen to sad music or watch sad film
    - I should not drink too much alcohol

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***Seven Types of Rest***

Make a list of ways you can achieve:

1. **Physical rest** 
   1. Identify a way you can achieve physical rest every day (i.e. getting enough sleep, stretching/yoga etc.)

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* 1. Identify a physical space where you can rest your body

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1. **Mental rest** 
   1. Identify some ways you can rest your mind (scheduled breaks, keeping a notebook where you can jot down urgent thoughts etc.)

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* 1. Identify a physical space where you can rest your mind

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1. **Spiritual rest** 
   1. What causes excite you and make you feel like you have purpose and meaning? What causes are you passionate about?

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* 1. Identify some actions you can take to engage with those causes

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* 1. Identify actions you can take to connect with your own spiritual self (prayer, meditation, yoga practice etc.)

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1. **Emotional rest** 
   1. Who can I talk to openly and honestly without self-censorship?

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* 1. Who can I spend time with that makes me feel safe and accepted for who I am?

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* 1. Who can I talk to when I am feeling overburdened or overwhelmed by emotional issues? (Friend, therapist, parent, mentor etc.)

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* 1. Identify a space where you feel like you can be your most authentic self

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1. **Sensory rest**
   1. Identify some ways you might be *over stimulated*?

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* 1. How can you remove some of those stimuli from your life?

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* 1. Identify a physical space where you can go to lessen sensory stimuli

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1. **Social rest** 
   1. Who are the people in my life who fill up my social battery? (People whose interactions leave me feeling positive, energized, and and supported)

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* 1. Who are the people in my life who drain my social battery? (People whose interactions leave me feeling tired, agitated, anxious, misunderstood)

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* 1. Which types of social interactions make me feel energized?

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* 1. Identify a space where you find emotional safety

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1. **Creative rest** 
   1. Identify creative outlets you have in your life that help you rest and relax (art, poetry, singing, dancing, cooking etc.)

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* 1. Identify a place in your surroundings where you can go to find beauty

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* 1. Select artwork or images that you can print out and put on the wall around you to inspire you. Please bring a few examples to share with your focus group this week.

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In-Sight Collaborative is a registered 501(c)3 organization from Bainbridge Island, Washington. Our mission is to unite humanitarians under a new narrative. One of the ways we achieve our goals is through **free** educational resources, reflection tools, and mentorship for aspiring humanitarians or people already in the sector. To help In-Sight Collaborative continue our work, please consider donating.