

PMDD SELF CARE / SAFETY PLAN

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Use this plan to guide you through simple activities when you are feeling overwhelmed. A Self Care / Safety Plan can help you avoid engaging in unsafe, out-of-control or toxic behavior you may be accustomed to when under stress. Choose activities that are safe, effective, and self-soothing.

STEP 1: WARNING SIGNS

What thoughts / feelings / behaviors let you know that you are struggling and need to use your safety plan? Some examples include: racing thoughts, feeling unloved, feeling panicked, tension with your partner.

STEP 2: INTERNAL COPING STRATEGIES

What are some things you can do on your own to take good care of yourself? This could include things like going for a walk, meditating, journaling, eating a meal, etc.

STEP 3: SOCIAL SITUATIONS AND PEOPLE THAT CAN HELP TO DISTRACT ME

When we are struggling we sometimes need to take a break and distract ourselves and/or regroup. What are some things you can do that are with or around other people?

STEP 4: PEOPLE WHO I CAN ASK FOR HELP

At this point in the safety plan it is important to reach out and share with someone what you are going through. Do you have trusted friends or family members you could talk to?

STEP 5: PROFESSIONALS OR AGENCIES I CAN CONTACT DURING A CRISIS

Do you have any professionals in your life that you can reach out to? Perhaps a therapist, teacher, or faith leader? Peer Support, Crisis Lines, and Walk-In Mental Health Clinics are great free resources for connecting with a professional.