

Crisis Workbook

People I can reach out to:

Good ways to distract myself:

Ways to make myself feel safe:

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.....
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.....

Go-to coping exercises:

Crisis hotline (Samaritans): 116 123

Distraction exercises:

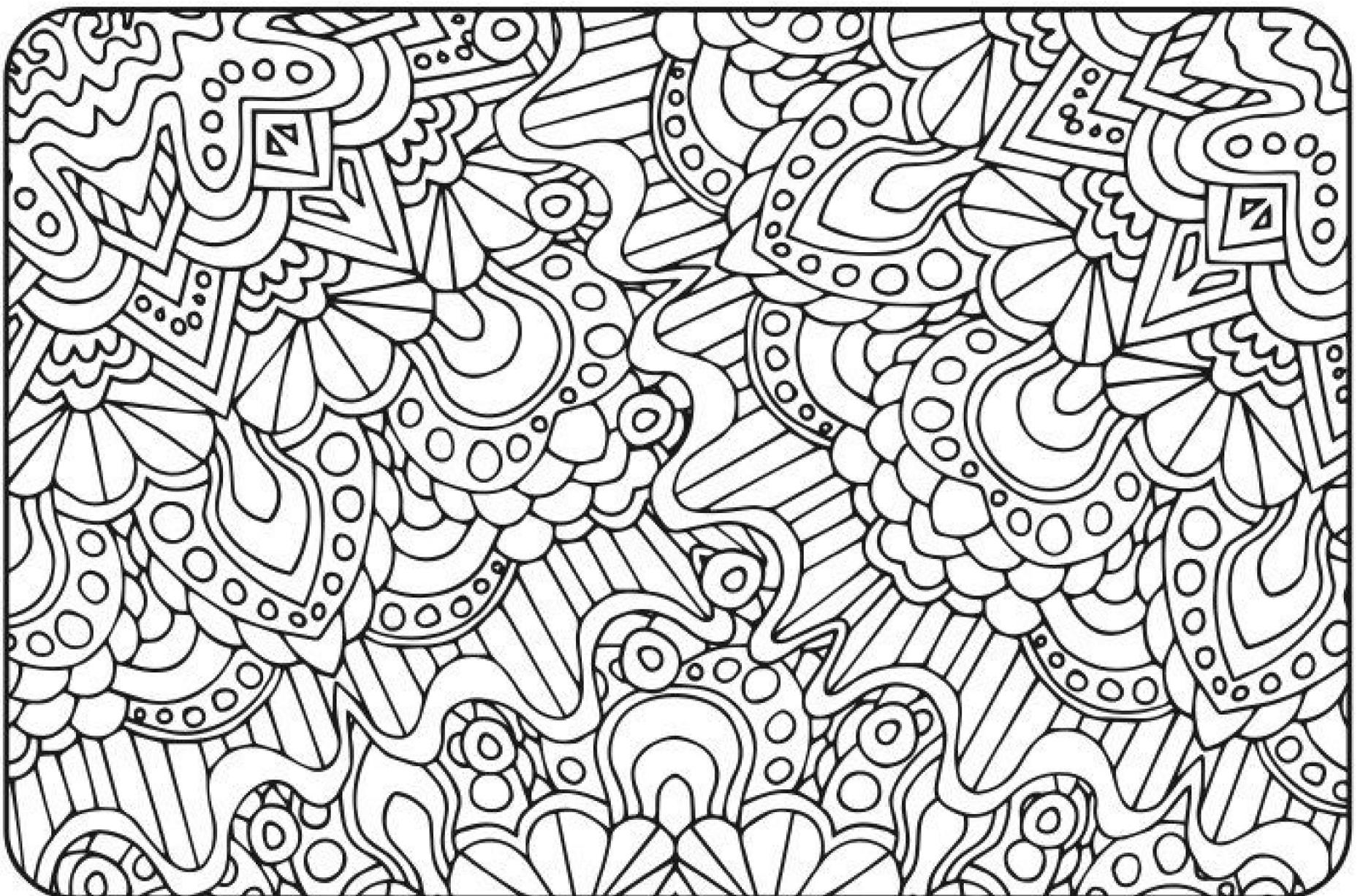
5 things you can SEE

4 things you can HEAR

3 things you can FEEL

2 things you can SMELL

1 thing you can TASTE



Wellbeing Wordsearch

O	H	E	Y	P	A	R	E	H	T	E	E	O	F
O	S	I	T	C	E	M	S	S	E	R	T	S	S
E	O	A	T	S	E	R	U	T	A	N	S	A	N
W	B	C	A	N	S	E	L	F	C	A	R	E	O
E	P	H	S	O	O	T	T	Y	M	L	A	C	I
L	S	A	C	I	A	S	O	Y	O	Y	U	E	T
L	A	B	E	T	O	G	T	L	M	O	C	E	O
B	A	D	S	A	A	N	G	R	A	D	L	L	M
E	E	C	O	X	E	A	L	T	H	S	G	A	E
I	B	R	N	A	A	L	H	E	A	L	T	H	M
N	E	H	A	L	C	O	M	F	O	R	T	M	L
G	M	H	O	E	N	S	G	L	G	E	T	H	A
I	H	H	Y	R	M	E	D	I	T	A	T	E	Y
T	F	O	T	R	O	P	P	U	S	M	E	M	S

YOGA

NATURE

HEALTH

CALM

EMOTIONS

THERAPY

RELAXATION

SUPPORT

COMFORT

MEDITATE

STRESS

WELLBEING

SELFCARE

5-4-3-2-1

Grounding Exercise

5 things you can

SEE

- 1
- 2
- 3
- 4
- 5

4 things you can

HEAR

- 1
- 2
- 3
- 4

3 things you can

FEEL

- 1
- 2
- 3

2 things you can

SMELL

- 1
- 2

1 thing you can

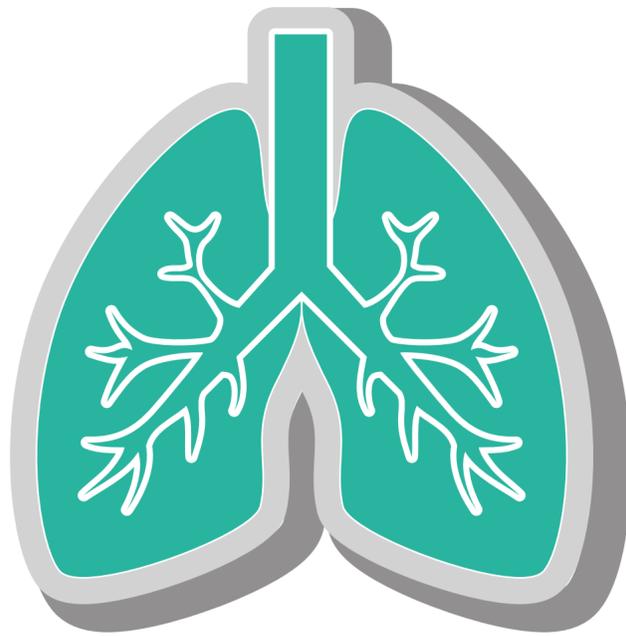
TASTE

- 1

Square Breathing Exercise

INHALE 1..2..3..4...

BREATHE...



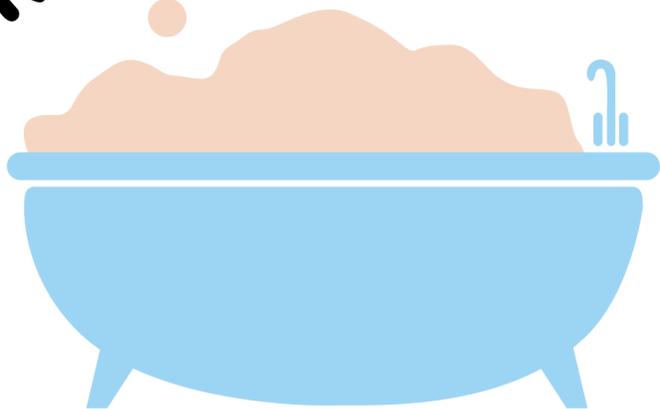
REST 1..2..3..4...

HOLD 1..2..3..4...

EXHALE 1..2..3..4...

Self-Care Ideas

Take a bath



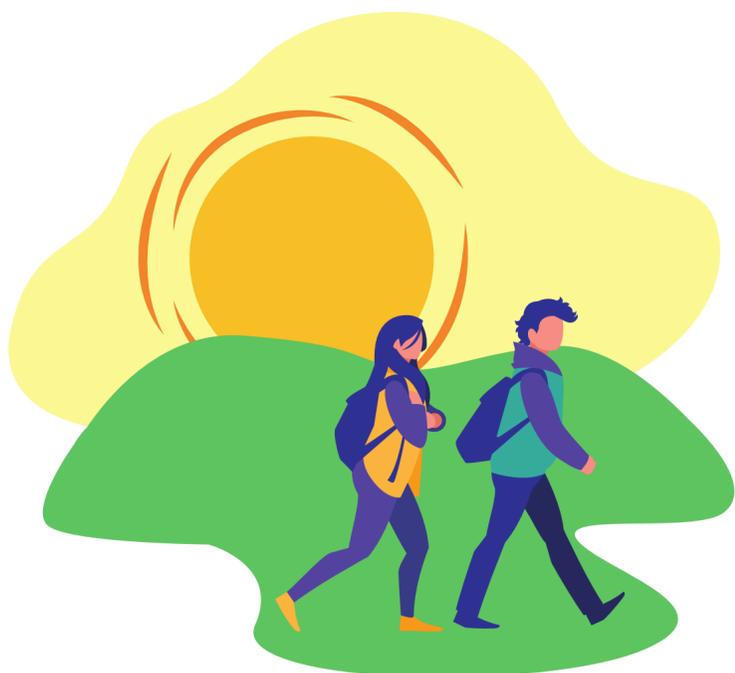
Light a candle



Watch a movie



Cook a meal or Bake



Go for a walk



Declutter your space

