

Develop your blue-print to plan ahead and build strategies to help guide and manage emotions as they come and go across situations...



## Self-Awareness

## Advance Prep

## In-The-Pocket Strategies

## Recovery Strategies

## On-Going Self Care

What are my challenges and opportunities?  
When, where, who, what...Identify what is  
your Kryptonite? What "gets" me...

Something you do **BEFORE** you enter  
the situation. Example(s) mental  
rehearsal, relaxation strategies,  
support partner, etc.

Something you do **IN** the situation. Ex.  
walk away, grab ice cube, sensory  
interaction, etc.

Something you do **AFTER** the situation. Ex.  
breathing exercise, walking, muscle  
relaxation, stretching, connecting with  
others, etc.

Something you do **PURPOSEFULLY** to increase  
well-being and calm the nervous system. Ex.  
Social engagement, down regulating activities,  
etc.

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