

Patient Safety Plan Template

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

1. _____
2. _____
3. _____

Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

1. _____
2. _____
3. _____

Step 3: People and social settings that provide distraction:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Place _____ 4. Place _____

Step 4: People whom I can ask for help:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

Step 5: Professionals or agencies I can contact during a crisis:

1. Clinician Name _____ Phone _____
Clinician Pager or Emergency Contact # _____
2. Clinician Name _____ Phone _____
Clinician Pager or Emergency Contact # _____
3. Local Urgent Care Services VA Eastern Kansas Emergency Department
Urgent Care Services Address 2200 SW Gage Blvd., Topeka, KS 66622
Urgent Care Services Phone 911 or 785-350-3111 press 0
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255) Stephanie Davis, Ph.D. 785-350-3111 Ext. 52024
TJay Wiechman, RN 785-350-3111 Ext. 53342 Meghan Voorhees, LCSW 913-682-2000 Ext. 52310 (or 52223)

Step 6: Making the environment safe:

1. _____
2. _____

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The one thing that is most important to me and worth living for is:

Coping Strategies – Distress Tolerance (Safety Plan Steps 2 & 3)

(Adapted from Spradlin, Scott, M.A., "Don't Let Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control")

Distress Tolerance skills are concrete, tangible activities you can engage in when you find yourself in crisis and it isn't possible at that moment to change things for the better. These skills can help you survive bad situations without making them worse. These can be helpful ideas for Internal Coping Strategies on the Safety Plan.

Get Active

- Work out with weights
- Do yoga
- Build a model
- Go window-shopping
- Play computer games
- Play solitaire
- Go to a museum
- Chop wood
- Landscape
- Clean your home
- Make a to-do list
- Read a book
- Go on a date
- Write a mission statement for your life
- Memorize a poem or quotations
- Practice a foreign language
- Send e-mail
- Search the internet for information about emotions
- Organize your closet
- Write letters to friends, family, politicians
- Write a letter to the editor
- Debate an issue with someone
- Visit shut-ins
- Attend a religious service
- Meet a friend for a game of chess
- Make a meal for a friend or loved one
- Attend hearings in public courts

Give of Yourself

- Do volunteer work (library, hospital, church, etc.)
- Write a note of appreciation or encouragement to someone you know
- Send a thank-you note to someone
- Bake goodies for someone
- Send out cards to loved ones
- Make a card from scratch and send it
- Visit someone who is sick
- Make a meal for a friend
- Pick flowers for someone

Remember, It Could Be Worse

- Watch soap operas or daytime talk shows
- Compare yourself with those who are coping the same or worse than you
- Read stories about people who have lost everything
- Write down three things you are thankful for

Create Opposite Emotions

- Read emotional books or stories that trigger different emotions
- Listen to emotional music such as anthems, hymnals, fight songs, or anything uplifting
- Watch inspirational and emotional movies
- Read joke books
- Read funny greeting cards
- Read inspirational literature
- Read how-to books
- Read spiritual/religious literature

"Setting Aside" Thoughts

- Mentally leave your distressing situation
- Intentionally block out distressing thoughts
- Think about people who have been kind to you
- Build an imaginary wall between yourself and the problem
- Imagine you are in a beautiful location
- Put your problems in an imaginary box, and place that box on an imaginary shelf

Energize Your Thinking

- Count to 10, 50, or 100
- Watch something interesting on TV
- Read a suspenseful novel or mystery
- Work crossword or jigsaw puzzles
- Work logic problems
- Read a poem and try to understand it
- Look at a piece of art and try to understand the artist's conception
- Count tiles in a floor or ceiling
- Read biographies
- Memorize prayers, poetry, or songs
- Memorize facts about topics that interest you
- Use the internet to build a resources file
- Try to remember every detail of a beautiful day you had

Seek Powerful Sensations

- Hold ice cubes very tightly in your hands
- Eat tangy Popsicles
- Suck on or eat lemons or limes
- Take a very hot or very cold shower, or alternate hot and cold water
- Snap a rubber band on your wrist
- Drink bitter coffee
- Listen to hard and loud music
- Suck on very tart or sour candies, letting them melt in your mouth
- Squeeze stress balls
- Do isometric exercises
- Do push-ups
- Put ice or a frozen item to your forehead
- Plunge your bare feet into a bucket of icy water
- Smell pungent cheeses
- Wear a heat pack or ice pack
- Bite into an onion

Self Soothe with Vision

- Hang pictures on your walls
- Look at a beautiful painting, print, or poster
- Look at trees, grass, or plants
- Look at rivers, ponds, or fountains
- Look at photo books or magazines
- Watch nature shows
- Look at art or photography books
- Watch the sunrise or sunset
- Watch a thunderstorm

Self Soothe with Hearing

- Listen to classical music
- Listen to mellow instrumental music
- Buy a noise machine with nature sounds
- Play a musical instrument
- Sing to yourself
- Listen to affirmation tapes
- Listen to books on tape
- Turn on a fan, air purifier, or anything else that makes white noise
- Hum a tune
- Whistle
- Call a toll-free line to hear a human voice
- Call a weather, time, and temperature line
- Read out loud
- Call a friend

Self Soothe with Smell

- Burn incense or scented candles
- Use scented oil or lotion
- Put on cologne or perfume
- Notice the smell of freshly cut grass
- Use air freshener plug-ins
- Smell flowers
- Smell fresh laundry
- Go to a bakery or café and stand around, taking in the smells

Self Soothe with Touch

- Hug a tree
- Go for a swim
- Take a long, luxurious bath
- Put clean sheets on your bed; climb in
- Take a long hot shower
- Massage your hand, foot, arm, or leg
- Notice how the wind feels blowing across your face and body
- Rub your temples and forehead
- Squish your toes in mud
- Walk around barefoot
- Hold hands
- Hug someone

Self Soothe with Taste

- Slowly eat your favorite food
- Eat hot toast
- Slowly and mindfully drink a warm drink
- Eat peppermint or cinnamon candy, slowly
- Drink chocolate milk
- Chew your favorite gum, or try a new one
- Drink herbal tea
- Have a bowl of your favorite soup
- Have an ice cream cone
- Sample foods at your local grocery store