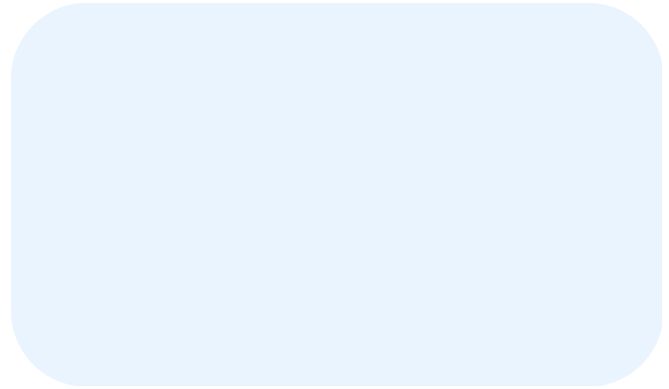


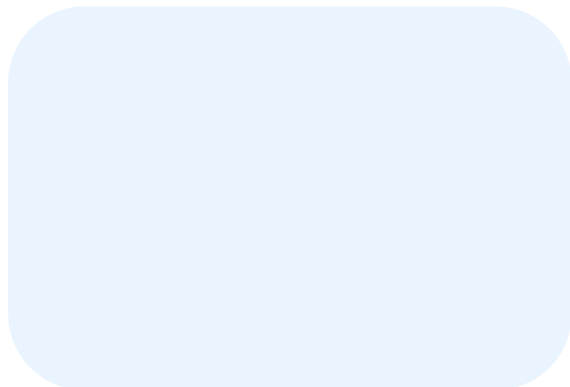
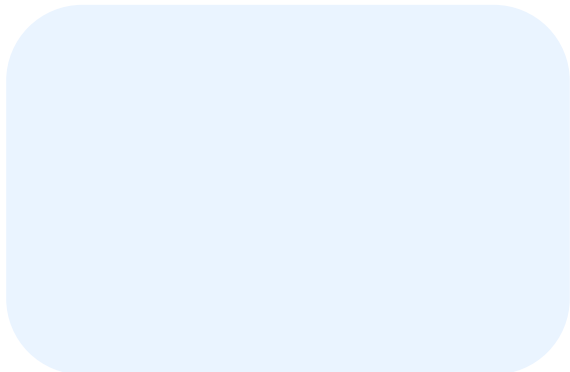
My Personal Well-Being Plan

WHEN I'M TRIGGERED, I NOTICE I:

GOOD WAYS TO DISTRACT MYSELF ARE:



COPING SKILLS I CAN USE:



WAYS TO KEEP MYSELF SAFE ARE:

SAFE PEOPLE I CAN TALK TO:

1.

2.

3.

4.

RESOURCES I CAN USE TO GET MYSELF CARE:

1

2

3

4
