

# My support plan for when I am feeling low

When you feel in a situation where you can't cope, ask yourself these questions. Maybe make a plan by writing down some answers and keeping them safe, ready to use to help you in the future.

What does it mean for me when I feel low? What are my triggers that can result in feeling this way?

What physical feelings do I experience when I am low? How do I act when I feel like this?

My list of things to do when I feel low...

What thoughts and emotions do I have when I am low?

What doesn't help? Does anything make it worse?

What helps me when I feel low? What can others do to help?

What positive memory can I remember that helps me to get through?

Can I think of a time when I felt like this before? What did I do to get through it then?

