

POLITICAL STRESS CARE PLAN

Healthy Coping Skills:

- 1.
- 2.
- 3.

Social Support:

- 1.
- 2.
- 3.

Gratitude:

- 1.
- 2.
- 3.

Places to Go:

- 1.
- 2.
- 3.

Things to Limit:

- 1.
- 2.
- 3.

Things to Indulge:

- 1.
- 2.
- 3.

Agencies to Donate to:

- 1.
- 2.
- 3.

Things to Look Forward to:

- 1.
- 2.
- 3.

Things to Avoid:

- 1.
- 2.
- 3.

Things to Eat and Drink:

- 1.
- 2.
- 3.

Notes:

Second City Counseling Services - HI-SCCS.COM

If you feel unable to keep yourself safe, please go to the nearest hospital and ask to speak to the duty psychiatrist on-call. Alternatively, you can call emergency services (USA - dial 911 or dial / text 988 | UK - dial 999 or text SHOUT to 85258)