

SAFETY KIT

EMOTIONAL THERMOMETER

Below is an example of how we can identify how safe we are feeling and how that looks on a scale of 0–100°. We can then figure out in advance some ideas of what we can do to cope. You can print out your own blank emotional thermometer to fill in and personalise at www.carolynspring.com/erg-downloads.

My unsafe feelings/behaviours

Suicidal ideation

Self-harming actions

Fugue

Urge to self-harm

Feeling out-of-control or unaware of self

'Screaming' feelings

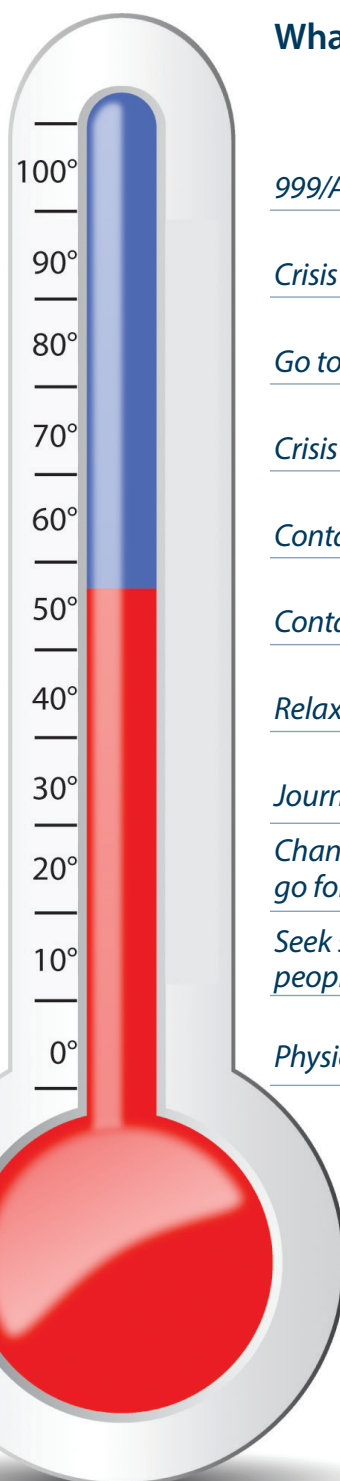
Panicky and hyperaroused

Racing thoughts

Getting a bit stressed and anxious

Withdrawing

Restless and can't relax



What I can do to cope

999/A&E

Crisis team

Go to a safe place, e.g. a friend

Crisis team

Contact therapist

Contact a helpline

Relaxation activities

Journal

Change the environment, e.g. go for a walk, or a coffee

Seek social support or be around people

Physical exercise