

Having simple, ready-to-use action plans is important because it gives you a sense of control and direction when emotions feel overwhelming or unclear. In moments of distress or low mood, it's hard to think clearly—these plans act like a lifeline, helping you shift your state with compassion and intention. They support emotional regulation, build resilience, and remind you that you have tools and strength within reach.

### 1. **Distraction & Rejuvenation Plan**

Use this when you feel stuck, restless, or overwhelmed.

Focus: **Engage your mind and body in healthy, uplifting activities.**

#### **Examples:**

- Take a walk or do light exercise
- Call or text someone positive
- Do a hobby (art, music, puzzles, gardening)
- Watch something funny or inspiring
- Get outside—sunlight, nature, fresh air
- Try a sensory reset (cold splash, tea, essential oils, grounding object)

### 2. **Low Mood / Self-Care Plan**

Use this when you feel low, sad, or disconnected.

Focus: **Practice self-love, gentle care, and remember your strengths.**

#### **Examples:**

- Speak to yourself with compassion
- Rest without guilt (nap, cozy up, soft music)
- Write down 3 strengths or past wins
- Do something kind for yourself (warm bath, journal, nourishing food)
- Say a prayer or affirmation
- Reflect: *What would I say to a friend feeling this way?*

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Create your own personal tailored plans of action by first identifying what tends to help you feel calmer, stronger, or more grounded. Break these into two categories: one for healthy distractions and energizing activities, and one for moments of low mood that call for self-love and care. Keep your lists simple, specific, and realistic—things you can actually do in the moment.