



Personal Crisis Management Plan

Increase your coping tools. Decrease isolation.

1. People to Call:

- a. _____
- b. _____
- c. _____

2. Mantras and Stories:

- a. _____
- b. _____
- c. _____

3. Rules to Live By:

- a. _____
- b. _____
- c. _____

4. Distractions/Coping Strategies:

- a. _____
- b. _____
- c. _____

5. Resources:

- a. _____
- b. _____

6. Two things worth living for:

- a. _____
- b. _____