

# RED ALERT – MY EMERGENCY PLAN

When I see red and lose control, these measures help me:

## SUGGESTIONS:

- Breathing deeply and counting to 10
- Small relaxation exercise
- Sorting my thoughts
- Leaving the room, walking around the block
- Saying “STOP” to myself clearly and distinctly – staying calm

## SPACE FOR YOUR PERSONAL EMERGENCY PLAN:



**Tip:**

If necessary, talk to your psychotherapist about corrective measures in case of an emergency. Of course, they can assist you with formulating your emergency plan.