

EMERGENCY PLAN

We know that a big event is coming up, or a big change is going to happen, perhaps you are moving to a new house or even a new country, or maybe you are losing someone important in our life. Perhaps it's just a small event like a social gathering. We know that however big or small this change is, it is going to trigger all kinds of thoughts, emotions, and even physical symptoms. If we allow it, this change could even lead to unwanted behaviour.

So what do we do? [Quirky Resource](#) is here to help.

Knowing a change will affect us is only half of what we need to know. The second half is to know what to **“do to prepare”** for those emotions, thoughts, physical symptoms and the unwanted behaviours.

With the Emergency Plan worksheet we will guide you through some questions to get you thinking and to analyze the situation so that it becomes a little less of a shock when it happens. It won't make the feelings go away, but it will help you know what to expect when they come. Below is an example of the worksheet filled out.

For the blank worksheet [Click Here](#)

WHAT IS THE EVENT/
EMERGENCY?



EMERGENCY PLAN

DATE

MAR 2022
-APR

WHAT WILL HAPPEN BEFORE?



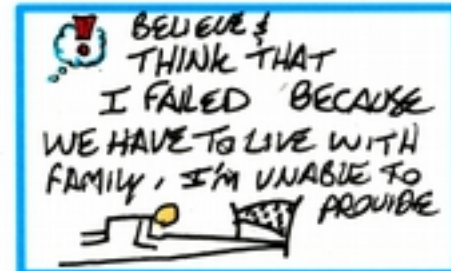
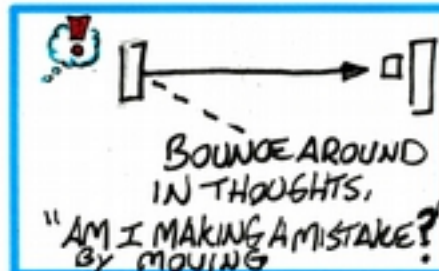
WHAT WILL HAPPEN DURING?



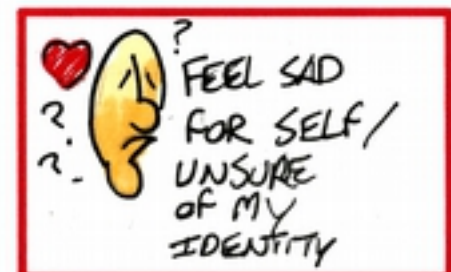
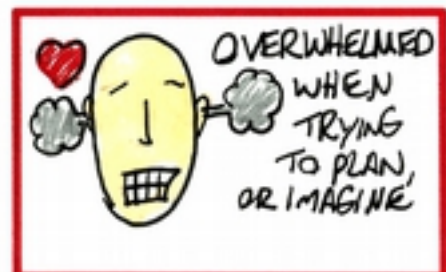
WHAT WILL HAPPEN AFTER?



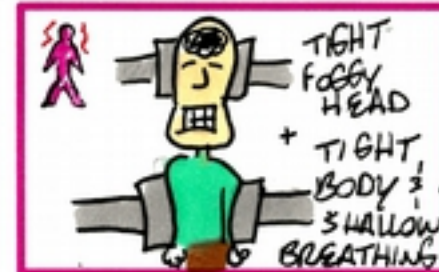
WHAT ARE THE THOUGHTS THAT MIGHT HAPPEN?



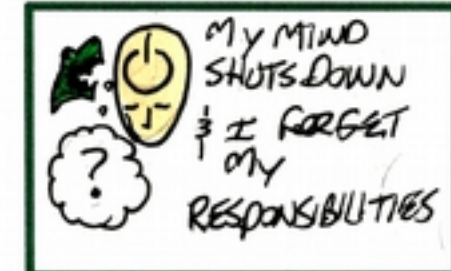
WHAT ARE THE EMOTIONS THAT MIGHT HAPPEN?



WHAT ARE THE BODY SENSATIONS THAT MIGHT HAPPEN?



WHAT ARE SOME BEHAVIORS TO WATCH OUT FOR?



WHAT IS THE EVENT/
EMERGENCY?



EMERGENCY PLAN

DATE

MAR 2022
-APR

WHAT TOOLS CAN I PREPARE/USE BEFORE?

DURING?

& AFTER THE EVENT?

MAP OUT THE REASON WHY WE ARE MOVING

PLAN OUT THE MOVE SO IT IS NOT SO OVERWHELMING

HAVE AN EMERGENCY KIT FOR REGULATING READY

VISUAL FAMILY PIC OR ART

SCENT BOTTLE OF ESSENTIAL OILS

AUDIO MP3

TACTILE SQUISHY BALL + FUZZY SCARF

MENTALLY STIMULATING ART SUPPLIES + PUZZLE

TAKE REGULATING BREAKS

1) BY GOING 4 A WALK

2) DOING ART

3) PLAY PIANO

KEEP EXERCISING, GO ROLLER BLADING 4 FUN

KEEP DOING ROUTINE EVEN IF I DON'T FEEL LIKE IT

PRAY CONTINUOUSLY

KEEP DOING DEVOTIONAL TIME A MUST

SET UP MY OWN REST SPACE IMMEDIATELY

SET UP A ROUTINE IMMEDIATELY & KEEP IT

KEEP EXERCISING

MAP & PROCESS THE CHANGE BY DRAWING

HAVE A POSITIVE OUTLOOK & ATTITUDE

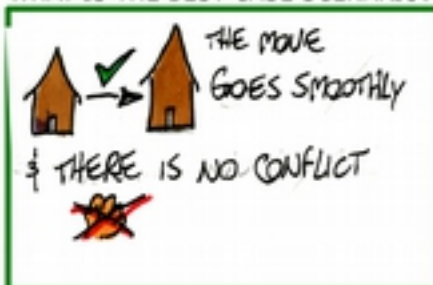
+ IT'S A GIFT TO LIVE WITH & GROW CLOSER TO FAMILY

+ HAVE REASONABLE EXPECTATIONS, A NEW ENVIRONMENT WILL TAKE AT LEAST 2 WEEKS TO ADJUST

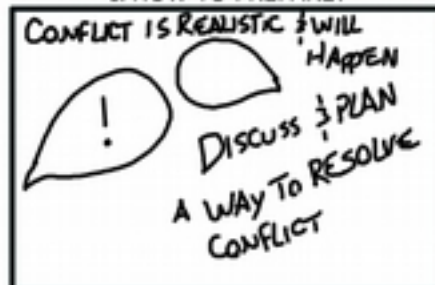
- SET UP FUN SOCIAL TIMES WITH SOME FRIENDS

FOCUS ON OTHERS, IT IS A BIG CHANGE FOR OTHERS AS WELL

WHAT IS THE BEST CASE SCENARIO?



WHAT IS THE REALISTIC OUTLOOK & HOW TO PREPARE?



WHAT IS THE WORST CASE SCENARIO?



