

# My trigger management plan



Having a plan can help you feel more prepared when life or emotions take hold. It gives you something to lean on, like a supportive friend in your back pocket.

What might trigger me? *e.g., work stress, anniversaries, specific locations*

**Anticipate**

How might I feel or respond? *e.g., have trouble sleeping, anger, looping thoughts*

**Identify**

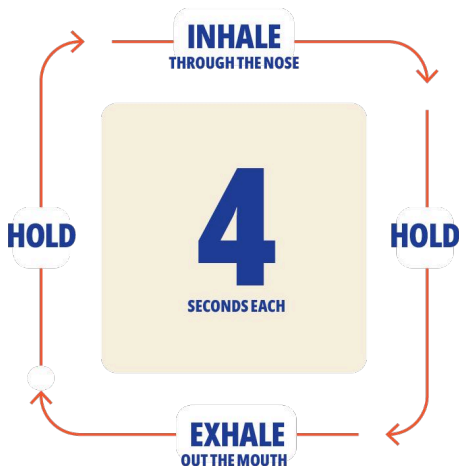
What can I do to care for myself? *e.g., a grounding technique, call a friend, walk*

**Manage**

## Want to try something now?

If you're feeling distressed or unsure where to start, these grounding techniques can help ease physical sensations and redirect your focus.

### BOX BREATHING



### 5 SENSES TECHNIQUE

Look for...

-  5 things you can **see**
-  4 things you can **feel**
-  3 things you can **hear**
-  2 things you can **smell**
-  1 things you can **taste**

### RECITING TECHNIQUE

You can try reciting:

- the alphabet
- the months, backwards
- what you did yesterday



Wherever you are, help is at your fingertips, with the **Support Toolkit**

➔ [lifeline.org.au/toolkit](https://lifeline.org.au/toolkit)

 **Lifeline**