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Note: this is not a stand-alone packet; the instructions in the pamphlet are incomplete. Full instructions are in the System Safety Plan course, this is a printable pamphlet for folks to use in conjunction with the full course. The course is, and will always be free so long as it's within our power.	16
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https://pluralityresource.org/course/uf-system-safety-plan/	18
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— The Crisses	

Emergency Numbers / Crisis Numbers

*A space to list emergency/crisis numbers y'all **need to call** if no one knows y'all are in crisis. You& can add people, support or crisis lines that y'all might call before you& get into a crisis. Note: the US has nationwide 988 crisis line & some areas have a help line to call (211) for service referrals.*

System Safety Plan

A place for important information for your system courtesy of Criss "The Crisses" Xes & Liberated Life Coaching.

Whether y'all have trauma, immune disorders, autism, or anything that flares or can get progressively worse at times of distress, y'all can have a plan in place to remind whomever's Front of options when y'all need to take great care of yourselves. A safety plan helps to monitor & regulate your panic state — your autonomic nervous system activation & related symptoms.

For these plans to be most useful, we suggest using something erasable so they're easy to update. It may help to put just a few items per column the first time through; perfectionism can halt progress. It's an evolving work-in-progress. Rather than overwhelm yourselves trying to be comprehensive or perfect, tweak & tune answers over time as things come to mind, or as things work or don't work. Allow this to be a gradual process especially the page on triggers. It's suggested to review it regularly & update it. You might keep it in a binder so it's easy to replace pages over time.

We hope this printable will help y'all start your& plan. Some folk carry around an abbreviated version of their full plan for quick reference. There's a more abbreviated version in our *United Front Ship's Log Planner*.

There are more elaborate instructions to create a plan in the book *United Front: Recruits* or in the free "United Front: System Safety Plan" online course on <https://pluralityresource.org>.

Contents of safety plans are usually things that "make sense". Our information is based on the U.S. DHHS, SAMHSA, & CMHS publication SMA-3720 **Action Planning for Prevention and Recovery** — a pamphlet you can get for free. It's available through the online course as well (you don't need to sign up or enroll to get the download). We've modeled this section of the planner after the pamphlet; their instructions (**bold**) apply to the sections in the *Ship's Log* (italicized):

- **Developing a Wellness Toolbox** —> *Crew Equipment Review*. These ideas are used in other exercises, including *Staying in "Ship Shape"* left column. We added *Toolbox Speed Run Prompts* & extra *Toolbox Ideas* at the end of the pamphlet.
- **Daily Maintenance Plan: Feeling Well** —> *"Safe Water Mark"* both columns, with the modification of specifying internal vs. external.
- **Daily Maintenance Plan: Dreams & Goals** —> *Your& Ship's Missions*.
- **Daily Maintenance Plan: Daily List** —> *Staying in "Ship Shape"* right column.
- **Daily Maintenance Plan: Reminder List** —> *Checking for Barnacles*. Also use the *Quarterly Plan* starting page 14. Add checklists to refer to during internal meetings or while working on your planners, etc.
- **Triggers** —> *Foul Waters*. **Identifying** in the left column, **Action Plan** in the right column.
- **Early Warning Signs** —> *Navigating Dangers*. **Identifying** in the left column, planning in the right column.
- **When Things Are Breaking Down or Getting Worse** —> *Batten the Hatches*. **Signs** in the left column. Selves-directives in the right column.

Note the **Crisis Plan** mentioned in the pamphlet is not in this planner. We would call it "Heavy Weather"—for times things are so bad folk go to port or hang on for dear life. In the worst of times when y'all can't take care of yourselves, a crisis plan contains pre-written instructions for your& care. It's meant to give to mental health proxies or supporters while you& are still OK. Then they can help you when things go sideways in spite of your& best efforts to prevent it, and y'all can no longer care for yourselves. When y'all make a crisis plan, make extra copies. Carry one with y'all, and give one to each of your& mental health proxy or carers. It is not a legally binding document; for that you want to look into Psychiatric Advance Directives (consult a lawyer because we are not a lawyer; they're often contested).

*This pamphlet brought to y'all by Rev. Criss "The Crisses" Xes of Eclectic Tech, LLC & Liberated Life Coaching <https://liberatedlifecoaching.com>. See also: [PluralityResource.org](https://pluralityresource.org) for the free companion course, [Kinhost.org/Books/](https://kinhost.org/Books/) for the *United Front* series. Much of our free work helping folk build internal community is sponsored by our [http://patreon.com/crisses](https://patreon.com/crisses) supporters.*

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Crew Equipment Review

A Toolbox Brainstorm

*A list of things that y'all enjoy, love, are passionate about, that help your& mood, etc.
There are ideas to help on the next 2 pages, a list at the back of the pamphlet with extra space.*



Review these plans occasionally until certain y'all will take good care of yourselves.

Toolbox Brainstorm Questions

Starter Questions

What are the signs that things are going well for y'all? What do you do, who fronts, how do y'all feel, how do y'all or other people know that y'all are doing just fine?

Start to catalogue things y'all already do or might do that:

- help y'all stay well or feel better or stay in a good mood
- are routine self-care y'all do periodically
- y'all would like to try; things y'all have heard may help
- affirm your& crew's strengths, abilities, talents, positive qualities, interests
- utilize skills that help y'all get well
- your shipmates find enjoyable, are passionate about
- affirm your internal goodwill, compassion, trust
- connect y'all with each other (meetings, collaborations, celebrations, gatherings)
- bring y'all more into the Here & Now
- accomplish shared passions or purposes amongst shipmates
- highlight inner world assets; tools, structures, mechanisms, people, friends, allies
- ameliorate your& pain, boredom, sadness, anxiety, loneliness, agitation
- encourage headmates who handle adverse conditions better to front
- things that inspire you as individuals or as a group

It may help to run down a list of your crew or shipmates and catalogue things they like to do. Some more questions that might help your brainstorm (individual or collective answers are OK):

- How do you express your creativity?
- What do you like to discuss or research?
- What type of music do you enjoy?
- What types of rewards do you give yourselves?
- What do you find fun or funny?
- What are you interested in or enthusiastic about?
- What do you want to do again?
- How do you comfort yourselves? (stims, motivations)
- What projects do you enjoy?
- Where do you like to go?
- Who do you like to talk to or spend time with?
- How do you spend time with your pets?
- What types of natural environments do you like?
- What causes do you stand for?

Toolbox Speed Run Prompts

*An open-ended method to come up with your Crew Equipment Review ideas is to consider the question:
"What enjoyable or refreshing things might any of you do that involves..."*

- achieving
- adapting
- adventuring
- advising
- advocating
- amusing
- analyzing
- beautifying
- being
- belonging
- broadcasting
- building
- caretaking
- caring
- celebrating
- changing the world
- coaching
- collaborating
- collecting
- combining
- conditioning
- conforming
- connecting
- considering
- creating
- dating
- deciding
- decorating
- delegating
- donating
- existing
- experiencing
- exploring
- expressing
- giving
- healing
- imagining
- inspiring
- laughing
- learning
- listening
- making a difference
- mentoring
- moving
- nesting
- non-conforming
- nurturing
- peacemaking
- performing
- planning
- playing
- preening
- preparing
- pretending
- purging
- recording
- refreshing
- relaxing
- reminiscing
- resting
- restoring
- rhythm
- serving
- sharing
- smelling
- socializing
- solitude
- sponsoring
- stimulating
- strategizing
- tasting
- teaching
- tending
- thinking
- tinkering
- touching
- training
- traveling
- vibing
- volunteering
- watching
- winning
- wonder
- working
- worshipping

"Safe Water Mark"

All's Well Signals

What are the signs that things are going well for y'all? What do you do, who fronts, how do y'all feel, how do y'all or other people know that y'all are doing just fine?

External signs we're doing well.

Internal signs we're doing well.

Review these plans occasionally until certain y'all will take good care of yourselves.

Your& Ship's Missions

Plans, Goals, Dreams, Wishlist, etc.

*Individual or group goals, however far-fetched or mundane any of y'all think they are.
What might you want to do one day, or would love to look back and know y'all accomplished?*

Shorter term plans & goals.

Wild dreams, ideas, wishes.

Review these plans occasionally until certain y'all will take good care of yourselves.

Staying in “Ship Shape”

Things that help us feel better when things aren’t going well.

*On the top right list selves-care items y'all **need** to do everyday to be and stay well.
On the left, pull in toolbox items y'all **can** do to help feel better on a low-spoon day.*

Things that help us feel better.

*Daily maintenance that helps us stay well.
(Essentials)*

*Stretch Goals/Extras
(Things we may not be able to achieve
when having a hard time.)*

Review these plans occasionally until certain y'all will take good care of yourselves.

Checking for Barnacles

Timely reminders to prevent problems later.

What selves-care, household, financial, paperwork, etc. will help y'all to stay on top of to prevent distress and problems? (Med refills, laundry, bills...)

Do we need to...this week?

Do we need to...this month?

If it's a for a specific month, or time of year, you can add it to the Quarterly Plan near the end of this pamphlet.

Review these plans occasionally until certain y'all will take good care of yourselves.

Foul Waters

When there's dangers in your environment.

These are triggers that cause more than just annoyance but an actual increase in your& symptoms (i.e. flares, anxiety, depression, self-harm, panic, despair, intrusions, flashbacks...)

Things that increase unwanted symptoms.

(Current/relevant triggers.)

What y'all will do to comfort yourselves.

• Do daily maintenance essentials.

Review these plans occasionally until certain y'all will take good care of yourselves.

Navigating Dangers

Becoming your own maritime pilot.

(A ship's navigator who pilots a vessel through rough waters, sandbars, reefs, etc.)

What are internal signs of upcoming danger, & what can y'all do when things are about to get rough?

Signs that we're heading into danger.

Ways we'll help ourselves navigate through.

- Do daily maintenance essentials.

Review these plans occasionally until certain y'all will take good care of yourselves.

Batten the Hatches

In your worst of times...

*What behaviors do y'all have when things are spiraling & y'all may lose control?
Agree on clear & direct actions to take. Distressed folk may not be able to think, decide or make choices.*

Signs that we're in over our head.

Directives for whomever is fronting:

- Do daily maintenance essentials.

Review these plans occasionally until certain y'all will take good care of yourselves.

Quarterly Plan

A high-level view to see annual/seasonal reminders: events, habit/goal planning, big picture, "penciling in"...

January

February

March

Quarterly Plan

...holiday/vacation prep, TBA conferences to check on, class schedule, submission deadlines, contests,...

April

May

June

Quarterly Plan

...subscription renewals, car maintenance schedule, long events, seasonal sales wishlists...

July

August

September

Quarterly Plan

...theme party ideas, marketing calendar, and much more.

October

November

December

Toolbox Ideas

Bare-bones ideas: selves-care, presence reminders, plans, goals, or desires. Y'all can highlight or underline ideas that might work for y'all. Feel free to add your& own ideas, or black out anything triggering.

- Acting
- Advocate for a cause
- Amusement park
- Animal shelter
- Animals
- Art
- Articles
- Ask for help or advice
- Attend a:
 - ballet
 - concert
 - convention
 - conference
 - lecture
 - opera
 - play
 - social function
 - sporting event
- Audiobook
- Bath
- Bathe
- Beach
- Beach-combing
- Biking
- Bird watching
- Board games
- Boating
- Book
- Bowling
- Breeze
- Browse photos online
- Browse yard sales
- Budget your& expenses
- Build something
- Cake-decorating
- Camping
- Cards
- Care for plants
- Carpentry
- Casino
- Checkers
- Chess
- Class
- Clean
- Climb Trees
- Cloud-watching
- Coloring
- Comedy routine
- Comics
- Community service
- Companions
- Compliment or praise someone
- Compose music
- Concert
- Contact an old friend
- Continuing education
- Cook meals in advance
- Cosplay
- Crafts
- Crochet
- Cuddle:
 - animals
 - pets
 - stuffies
 - yourselves
- Dance
- Daydream
- Design or draft something
- Diary
- Do a favor
- Do your& hair
- Dolls
- Donate something
- Drawing
- Dress up your& hair
- Dress-up
- Driving
- Earthing (walking barefoot on dirt)
- Embroider
- Exercise
- Explore:
 - a local map
 - Google Earth
 - somewhere new
- Fair (county, renaissance)
- Field trip
- Fishing
- Follow a tutorial
- Foraging
- Frisbee
- Front-time
- Fruit-picking (U-Pick)
- Fundraiser
- Get comfie
- Gift something
- Give a speech or lecture
- Give yourselves a massage
- Go "downtown"
- Graphic novel
- Gymnastics
- Haircut
- Handball
- Hang with friends
- Have a good cry
- Help someone
- Hike
- Historic tour
- Hot tub
- Jewelry-making
- Journal
- Knit
- LARP (live-action role-play)
- Laugh
- Laundry
- Learn a foreign language
- Learn something new
- Library
- Live music
- Magazines
- Make new friends
- Make something
- Makeup
- Meditate
- Miniature golf
- Monument
- Movement
- Movie
- Museum
- Music
- Nap
- Nature
- Needlework
- New clothes
- Online course
- Organize something
- Park
- Party
- Party games
- People-watching
- Pets
- Photography
- Picnic
- Plan something
- Plant seeds
- Play with inner or outer kids
- Podcast
- Pool or billiards
- Potluck
- Pottery
- Prayer
- Prep meals or snacks
- Preserve food
- Puppets
- Purge (freecycle, selling, trading, donation)
- Puzzle
- Racketball
- Read
- Record a good memory
- Redecorate
- Relax
- Repair something
- Repurpose something
- Research
- Restore something
- Road trip
- Rock (movement)
- Role-playing games
- Rope (flow, jump, macrame)
- Sacred works
- Sandbox
- Sauna
- Scent-play
- Scrapbooking
- Sculpting
- Sell something
- Sermon
- Sewing
- Share your& wisdom
- Shave
- Shop
- Shower
- Sing
- Sit & think
- Sit in the sun
- Skate
- Sketch
- Skiing
- Sky-watching
- Sledding
- Sleep in
- Smell the flowers
- Smile at people
- Snack
- Snuggle
- Solitude, peace, quiet
- Special interests
- Spend time with someone y'all love
- Sports
- Star-gazing
- Start a new project
- Staycation
- Stim
- Support group
- Sweat
- Swim
- Talk to:
 - someone
 - yourselves
- Teach
- Teamwork
- Tourist attraction
- Toys
- Travel
- Upcycle
- Video games
- Virtual pet
- Visit a mall
- Volunteer
- Walk/roll/stroll
- Watch TV
- Water table/toys
- Window shopping
- Woodworking
- Write:
 - a letter/email to someone
 - a story or poem
- Yard work
- Yarn crafts
- Yoga

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