

Plan for Managing Distress

Carers often find it very helpful to have a conversation with the person they're supporting about what they find helpful for them during times when they are feeling highly distressed. This worksheet is designed as a conversation starter to help develop a plan to refer to during tough times.

Situations they find difficult and that may increase their distress include...

Eg People not listening to me, being told to get over it, talking on the phone, fighting with my brother, meeting new people, being in crowded spaces

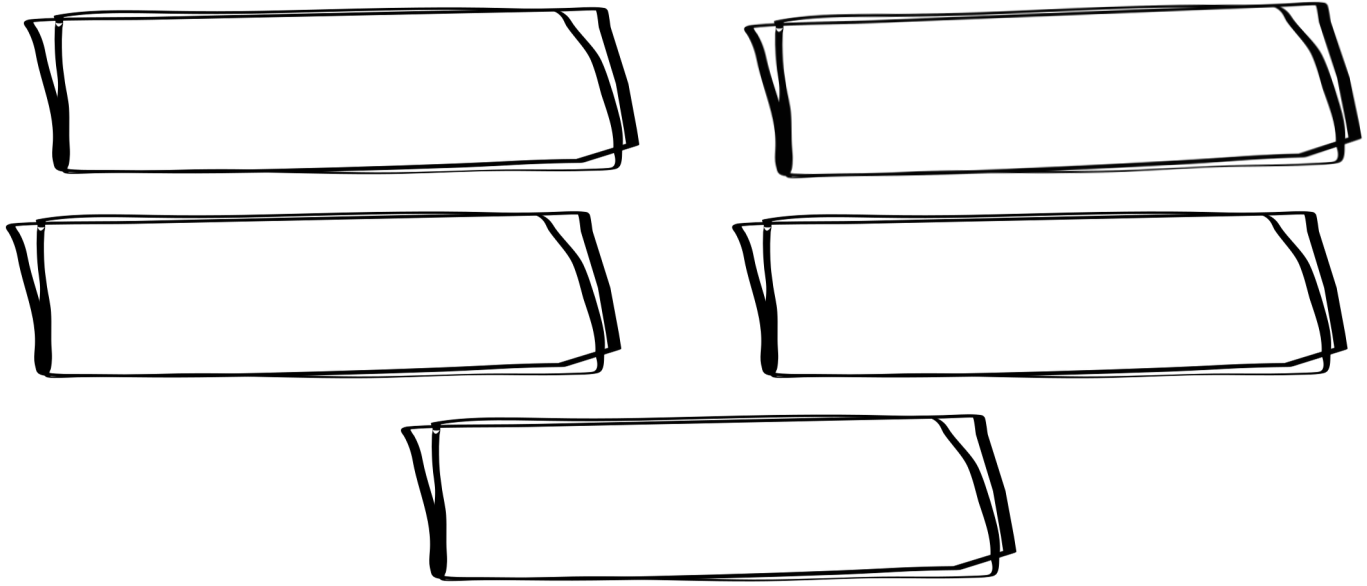
-
-
-
-
-
-
-
-

Some early warning signs that indicate they are struggling include...

Eg sudden mood change, change in eating or sleeping habits, self harm, withdrawal or isolation, feelings of hopelessness/worthlessness

Strategies they find helpful to help them to feel calm include...

Eg Weighted blanket, mindfulness, drawing, listening to music, deep breathing, cold shower

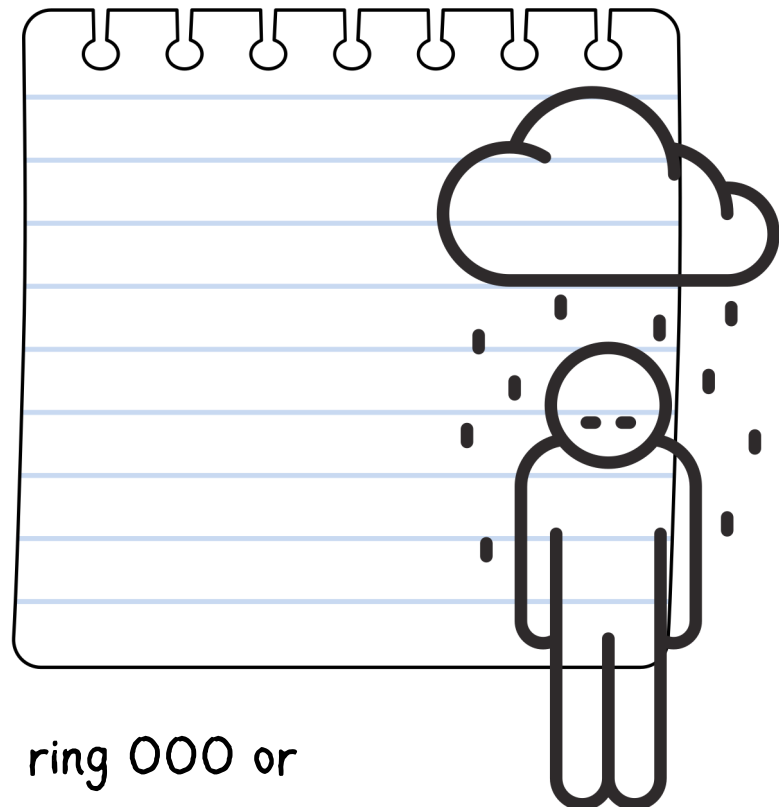
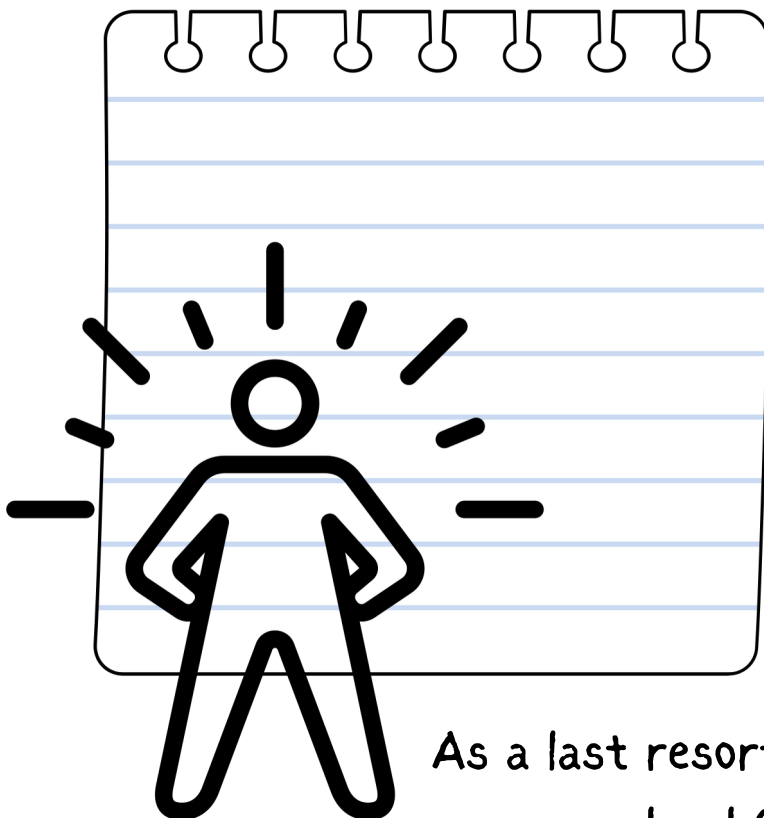


Helpful things you can do to support them are:

Eg try to listen and understand how I am feeling, be nonjudgemental, remain calm, remind me of ways I self soothe, ask me what I need now

Things they find tend to make them feel worse include...

Eg Anger, raised voices, sarcasm, panicing, jumping to conclusions, telling me what to do, dismissing my concerns



As a last resort ring 000 or your local CAT team.