



# Crisis Self Management Plan

(2024.1)



SCAN ME

If you would like further information on how to develop a crisis self-management plan and/or generic self-management skills please visit: [Self-Management | Nhs Pds Education \(nshdbt-service.wixsite.com\)](https://www.nhs.uk/health-professionals/education/self-management/) or scan the QR code with your mobile device.

## Signs I am becoming distressed:

What am I thinking?

What am I feeling?

How am I behaving?



### Complete a FIZZ scale

The FIZZ scale	Signs that I am feeling the FIZZ
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
0	

What do I do that I find helpful?

What do others do that I find helpful?

What do I do that I find unhelpful?

What do others do that I find unhelpful?

## STOPP

### TAKE A BREATH

**OBSERVE:** What am I thinking?

What am I reacting to?

What am I feeling in my body?

**PULL BACK:** Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

**PRACTISE WHAT WORKS:** What's the best thing to do for me, for others, for this situation?





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Do I need to attend to my basic human needs (starting from the bottom of the pyramid)?



Do I need to eat?

Do I need to sleep?

Would exercise help?

Have I used substances (e.g. alcohol, drugs, caffeine, nicotine) that may heighten my distress?

Am I in a safe place?

Do I have the support I need?

Can I bolster my self-esteem?

Am I engaging in activities that have meaning to me?

Can I use a decider skill?

(if I don't know or don't remember the skills can I ask someone to help me decide?)

ACCEPT		CHANGE	
<b>DISTRESS TOLERANCE</b>	<b>MINDFULNESS</b>	<b>EMOTION REGULATION</b>	<b>INTERPERSONAL EFFECTIVENESS</b>
STOPP	BREATHE	SELF CARE	THINK
IT WILL PASS	OBSERVE	LISTEN	RESPECT
DISTRACT	THIS MOMENT	NAME THE EMOTION	REFLECT
DO ONE THING	FOCUS	OPPOSITE ACTION	CRYSTAL CLEAR
20 MINUTES		BUILD POSITIVE EXPERIENCES	ASK or SAY NO
TURN THE MIND	FACT OR OPINION	SIEVE OR SPONGE?	MAINTAIN RELATIONSHIP
OLD NEW	DRIFT	BALANCE	TALK THE TALK
SOOTHE	VALUES	WISE MIND	END OR MEND
	KEEP CALM AND CARRY ON		
<b>PRACTICE</b>	<b>PRACTICE</b>	<b>PRACTICE</b>	

[www.thedecider.org.uk](http://www.thedecider.org.uk)

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[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

What skills worked best for me in the past?

What skills can I use from above to get me through the next few minutes, hours and days:

Name and phone number of people I can contact if need be (include friends, family, carer, health professionals, GP etc.)



NHS 24: 111

SAMARITANS: 116123

BREATHING SPACE: 0800 838587