
The one minute safety plan

Your **one minute safety plan** is something to keep close at hand for those times when things seem really hard and you feel completely overwhelmed.

It is something you can get to really quickly and can help you begin to feel safer in a very short time. Use this part of the plan to make a note of:

- Your favourite **calming activity** (e.g. a breathing exercise)
- **People you can ask for help**
- **Helpline / website** you could use
- **Distraction ideas** (something that can take your mind off the thoughts that may be going round and around in your head).

- Starfish breathing
- Mindful Minute
- Box breathing
- One Minute at a Time
- 54321 Relax!



- The Samaritans 116 123
- Your Way online chat:
- www.your-way.org.uk
- Childline 0800 1111

Here are some favourite ideas from the young people who helped us...

- Someone at school...
- Someone in a club / team you belong to...
- Someone at home...
- Youth worker...
- Helplines / websites...
- GP...
- Friends...
- Someone in your family



- Do a puzzle
- Make a happiness box
- Cuddle a pet
- Tidying!
- Do some exercise
- Call a friend
- Go for a walk
- Draw / paint / colour
- Listen to a favourite song

You can find more ideas in the Wellbeing Toolkit

