

Emotional safety plan for professionals

This plan helps you to think of your emotional safety needs alongside the needs of those in your care and your colleagues. You can add words, pictures or actions to describe what you and others around you need in order to feel safe

What I need to support me

What I need to prepare for

Resources that will help me to manage and cope

External and professional support I can access



You can use words and pictures to complete your plan

Here are some suggestions for what you might want to include

What would
make me feel:

 heard/listened to

 good

 happy

 sad

 tearful

 nervous

 panicky

 angry

What I prefer
to be asked or
said to me:

 please do

 please don't

Things I
may want
to consider:

 music

 food/drink

 movement

 meaningful objects

 pain relief

 sounds

 touch/no touch