

FRIENDLY REMINDER:

During times of increased violence in the world, it is critical that **we stay informed, aware, and active.** At the same time, it is also important to check-in with yourself and take stock of your health and wellbeing. During times of intense world crises and massive loss of life, your personal mental health can seem unimportant, but your mental health matters. **We encourage everyone to not “look away” from global crises, but also not overlook your personal health and sense of safety.**

Maintaining your personal mental health is vital because hopelessness can grow, especially in isolation. Growing stress can also lead to activities that are potentially dangerous to yourself or others, such as angry outbursts, fights with loved ones, or substance abuse. **It is important to continue connecting with your communities (both providing and accepting support!) and taking time to be intentional about your health.**



SWIPE FOR 'EMOTIONAL SAFETY CHECK PLAN'



FRIENDLY REMINDER:

During times of increased violence in the world, it is critical that **we stay informed, aware, and active.** At the same time, it is also important to check-in with yourself and take stock of your health and wellbeing. During times of intense world crises and massive loss of life, your personal mental health can seem unimportant, but your mental health matters. **We encourage everyone to not “look away” from global crises, but also not overlook your personal health and sense of safety.**

Maintaining your personal mental health is vital because hopelessness can grow, especially in isolation. Growing stress can also lead to activities that are potentially dangerous to yourself or others, such as angry outbursts, fights with loved ones, or substance abuse. **It is important to continue connecting with your communities (both providing and accepting support!) and taking time to be intentional about your health.**



USE THIS 'EMOTIONAL SAFETY CHECK PLAN' TO CREATE A SUPPORT PLAN FOR YOURSELF SO THAT YOU CAN CONTINUE SUPPORTING YOUR COMMUNITIES.

Think of 2 People Who...

- **I Can Talk to:** These people make me feel better and I can reach out to them.
- **Are Professionals I Can Ask to Help:** Therapist, teacher, agency, or a community support organization. Am I more irritated, scared to go outside, over sleeping, self-isolating, unable to stop “doom-scrolling”; feeling guilt or blame?
Who are helpful resources?
 - Sikh Family Center Non-Emergency Helpline: 866-SFC-SEWA (732-7392)
 - National Alliance on Mental Illness (NAMI): Call 1-800-950-NAMI (6264), text "HelpLine" to 62640
 - Suicide & Crisis Lifeline: Call or text 988



USE THIS 'EMOTIONAL SAFETY CHECK PLAN' TO CREATE A SUPPORT PLAN FOR YOURSELF SO THAT YOU CAN CONTINUE SUPPORTING YOUR COMMUNITIES.

Think of 3 (or more) ...

- **Safe Places I Can Go:** Social environments that help me feel better or places that help me feel calm. Examples: coffee shop, gym, park, gurdwara, bedroom, relative or friends house etc.
- **Coping and Calming Strategies:** Things to take my mind off my problems, without contacting another person. Examples: going for a walk, strenuous exercise, listening to music, listening to paath/kirtan, taking a shower, reading or writing, taking a nap, hobbies, coloring, gaming, puzzles etc.



USE THIS 'EMOTIONAL SAFETY CHECK PLAN' TO CREATE A SUPPORT PLAN FOR YOURSELF SO THAT YOU CAN CONTINUE SUPPORTING YOUR COMMUNITIES.

End by considering...

What concrete steps can I take: At times taking a break off screens, and picking up a pen, a telephone, or sending an email can be both more impactful for the crisis and more regulating/grounding/calming for oneself. What can I plan to do?

