

Signs I'm in Crisis

What to Know

Life is filled with ups, downs, and everything in between. You're navigating a world of changes, challenges, and opportunities, and sometimes, things can get tough. It's okay to feel overwhelmed or like you're in a crisis sometimes.

This worksheet will help you better understand and recognize when you might be going through a tough time or experiencing a crisis. The more you know about your own feelings and reactions, the better equipped you'll be to seek support and find healthy ways to cope.

Remember, it's okay to ask for help, and it's okay to not have all the answers. This worksheet will help you have a clearer picture of what signals a crisis for you and what steps you can take to help yourself when you're going through tough times.

What to Do

Check off the warning signs that apply to you, and please add your own, if you think of others.

Nightmares

Can't fall asleep or stay asleep

Not answering texts or messages

Canceling plans

Hating myself

Feeling ashamed

Feeling hopeless

Feeling hyper or restless

Thinking about killing myself a lot more than usual

Planning to kill myself

Not taking care of myself (e.g., stop showering, not eating enough food)

Other: _____

Other: _____

____ Other: _____

____ Other: _____

____ Other: _____

Thinking about warning signs will help keep you safe in the future.

Are you in crisis right now? Yes / No

What can you do to cope right now?

Here are some ideas for steps you can take to help yourself when you're in crisis. Check off what you're willing to do right now.

____ **Talk to Someone You Trust.** Reach out to a friend, family member, or teacher who can lend a sympathetic ear. Sometimes, sharing your feelings can make a big difference.

____ **Write It Down.** Keeping a journal or diary can be a great way to express your thoughts and emotions, even if you don't share them with others. Writing can help you process your feelings.

____ **Practice Mindfulness.** Try relaxation techniques like deep breathing, meditation, or yoga to manage stress and anxiety. These practices may help you stay grounded and focused on the present moment.

____ **Stay Active.** Engage in physical activities you enjoy, whether it's going for a run, dancing, playing a sport, or working out. Exercise releases endorphins, which can boost your mood.

____ **Set Realistic Goals.** Break down your challenges into smaller, manageable steps. Achieving even small goals can provide a sense of accomplishment and motivation.

____ **Limit Screen Time.** While technology can be helpful, too much screen time, especially on social media, can sometimes worsen feelings of stress and isolation. Consider taking breaks.

_____ **Ask for Help.** Don't hesitate to reach out to someone you trust if you feel overwhelmed or if your tough times persist.

_____ **Get Creative.** Explore creative activities like art, music, or writing to express yourself.

_____ **Stay Connected.** Maintain social connections, even when it's hard. Friends and loved ones can provide emotional support during tough times.

_____ **Focus on Self-Care.** Get enough sleep, eat nutritious food, and take time for yourself. A healthy body supports a healthy mind.

_____ **Educate Yourself.** Learn about your feelings and struggles. Understanding what you're going through can help you find effective strategies for coping.

_____ **Join a Support Group.** Consider joining a support group for teens facing similar challenges. Sharing experiences with others can be comforting and reassuring.

_____ **Challenge Negative Thoughts.** Practice positive self-talk. Recognize your strengths and remind yourself that tough times are temporary.

_____ **Give Back.** Volunteering or helping others in your community can provide a sense of purpose and fulfillment, which can be especially meaningful during tough times.

_____ **Plan for Fun.** Make sure to include activities you enjoy in your routine, even when things are tough. Having moments of joy can provide a valuable respite.

What can you do right now, after reviewing the above list?

Who can help you right now?
