



MARYLAND
HEALTH CARE
COALITION
Against Domestic Violence



Center
for a
Healthy
Maryland

The Maryland State
Medical Society
Foundation

Emotional Safety Plan

An emotional safety plan is a personalized guide to help you manage strong feelings or overwhelming moments. It's a practical tool for protecting your mental and emotional well-being—especially during times of stress, uncertainty, or crisis.

It can help you feel more prepared, reduce feelings of helplessness, and support you through challenging moments. It's a flexible tool that you can update over time and adapt to different situations as your needs change.

When you're feeling calm, consider taking a few moments to reflect on the following steps. If it's safe to do so, write them down in a secure place:

1. Recognize what causes stress & upset. *Identify situations, thoughts, or feelings that tend to create emotional distress or overwhelm.*

2. List your coping strategies. *Think of techniques that help you feel grounded in difficult moments—such as deep breathing, calming music, sensory grounding, or gentle movement.*



3. Identify your self-care practices. *What activities make you feel supported, valued, or nourished? This might include journaling, spending time in nature, creative hobbies, or quiet rest.*

4. Know who you can reach out to. *Create a list of trusted people or resources you can contact when you need support—friends, family, a therapist, or a hotline.*

5. Choose a calming space. *Identify a place where you feel safe and at ease, whether it's a peaceful room, a cozy chair, or another environment that brings you comfort.*