

# My Centring Plan

Some of my personal warning signs:	
Body signals (outside)	Body signals (inside)
Thoughts or feelings	Triggers
When i feel these personal warning signals happening, I can improve the situation. I can :	
<b>Do these things</b> <i>For example, take a walk, write in my diary, bounce on my trampoline.</i>	<b>Change my environment by</b> <i>For example, get a snack, turn on music, use essential oils.</i>
<b>Go here</b> <i>For example, go outside or to the park, go to my room, visualise a place I feel safe.</i>	<b>Talk or write to these people</b>
<b>Say these positive things to myself</b> <i>Such as, "I can do this", "I have done this before"</i>	

## Developing a Centring Plan

It can be difficult to stay calm when supporting kids' survival responses. Centring Plans can help you stay calm by:

- recognising your signs of stress
- identifying your triggers
- developing and engaging in strategies to manage your triggers and stress levels
- focusing your emotions thoughts and behaviours

### The process

To develop a Centring Plan, you'll need to:

- be aware of your stress levels, emotions and behaviours
- develop strategies to keep from feeling overwhelmed such as slow breathing, doing something enjoyable or reaching out for support
- practice your centring strategies when calm y to build your centring skills
- update your Centring Plan as you learn what works for you
- think about how to reward and care for yourself

### Developing your Centring Plan

The Centring Plan is divided into two parts:

1. ***Some of my personal warning signs*** – In this section, you will identify physical signals; thoughts or feelings; and triggers that indicate you are under stress
2. ***When I feel these personal warning signals happening, I can improve the situation*** – In this section, you will identify strategies that help you to calm
  - Do these things – include strategies such as take a walk; breath slowly; water the garden
  - Change my environment by – include strategies such as get a snack; listen to music; use essential oils
  - Go here - include strategies such as go outside; sit in a quiet space; visualise a place I feel calm
  - Talk to or write to these people – include strategies such as call my friend; email a colleague; visit my sister
  - Say these positive things to myself – include strategies such as saying “I can do this”; “I have done this before”.

### How the rest of your family can help

Your family should be aware of your Centring Plan strategies. Ask family members to:

- Help you identify your triggers — the things that lead you to becoming overwhelmed by emotions
- Support you in implementing your response strategies and practicing skills with you.

Planning ahead will help you to stay calm, because you have a range of strategies available to help. Knowing what to do creates a sense of calm that can sustain you when kids are Heating Up or Boiling.