



My Bounce Back Plan

Everyone has tough days. A Bounce Back Plan helps you figure out what to do when things go wrong, so you can get back on track and take care of yourself without shame or fear.

1. What does it look like when I'm struggling or slipping?

- What signs do I notice in my body, thoughts, or actions?
- What do other people notice about me when I'm having a hard time?

2. What usually makes things worse?

- Are there people, places, or habits that pull me further off track?
- What thoughts or feelings get bigger when I'm already struggling?

3. What helps me stop the spiral?

- What can I do in the moment to press pause or cool down?
- What can I say to myself that feels real and not fake?
- Who can I call or message that helps me reset?

4. What can I do to take care of myself after things calm down?

- What helps me release stress or regret?
- What can I do to comfort myself without causing harm?
- How can I learn from what happened without beating myself up?

5. What helps me feel like I'm back in my groove?

- What routines, people, or places help me feel like 'me' again?
- What small wins can I give myself today or this week?

6. My Bounce-Back Pledge

- When things go wrong, I will remind myself that I'm allowed to start over.
- I promise to use this plan when I need it, and ask for help when I can.