* Formalize your plan in some way. Do you want to write it down so that you have it handy in case you need it? **Will it help to designate a specific box to fill chock full with your favorite goodies?** This is important, because sometimes in a moment of panic we can forget that we have so very, very many fabulous ways to make ourselves feel better.
* **Think about your favorites**: **movie, book, CD, book on tape, TV show, outfit, blanket, etc.**
  + Write it down. Be specific. Some people find real comfort in specific articles of clothing, and putting it on just makes them feel safe/comfortable/reminds them of a safer time.  Also identify very specific movies, shows, and books that make you feel comfy and cared for. The reason for this is that when you’re upset or scared, everything can seem foreign and terrible, but by introducing stable elements into your environment, the effect can alter the situation to make it feel more safe and normal.
* **Think about your favorite meal.** 
  + Some people find themselves calmed by cooking and by preparing something healthful, warm, and delicious. A**lways, always have the supplies to make this dish in my cabinet.**
* **Make a list of emergency contacts**
  + This list should include close family, friends, and other support persons who have been supportive and understanding in the past. However, sometimes bad feelings come in the middle of the night or when everyone on your list is somehow unavailable, and you don’t want to add to the darkness by feeling like no one wants to answer your phone calls. If you don’t have anyone to call? Call the Crisis line: 402-475-7573. If you can’t get ahold of anyone *– you will be OK, gather the other items on the list and remember that you are amazing and perfectly able to take care of yourself.*
* **Compile a list of actions that are tried and true in making you feel better**.
  + Some ideas: go for a walk, dance, exercise, sing really loud, hula-hoop, spend time with a pet (yours or get yourself down to a local kennel/shelter and see if they need help walking/caring for the animals), write a letter to a long-lost friend, take a bath, go to a movie, or journal.
* **Exercise!!**
  + Everyone has heard of the benefits of physical movement… because it’s true! However, when we feel sad, overwhelmed, or stressed it is hard to get motivated. During these times, it’s even more important that you get moving! Find a partner to walk/bike/run with, someone who you enjoy spending time with and who will help motivate you. Or walk your pet, or your neighbor’s pet. The importance is you get up and do something.
* **Get some rest!**
  + It is widely known that sleep, just like a proper diet and regular exercise, is essential to our physical health. What people may not recognize is the impact that lack of sleep can have on our mental health, dramatically affecting our mood and emotional well being on a daily basis. In fact, one of the first signs of sleep debt is irritability and depression, which can lead to even more serious health issues if not properly addressed.   
    It is well known that sleep problems can be a key sign of depression. What people may not realize is that the reverse is also true — sleep disorders can actually trigger mood disorders and depression. As researchers learn more about the underlying cyclical connection between sleep and our mental health, the important balance is becoming even more apparent.
  + Create a Sleep Sanctuary. Your bedroom environment should be a haven that's conducive to sleep. This means keeping it uncluttered, dark, quiet and cool. The ideal bedroom temperature is 60 to 65 degrees. The sound from a TV, the rising sun, and a room that's too warm or too cool can disrupt comfortable sleep.