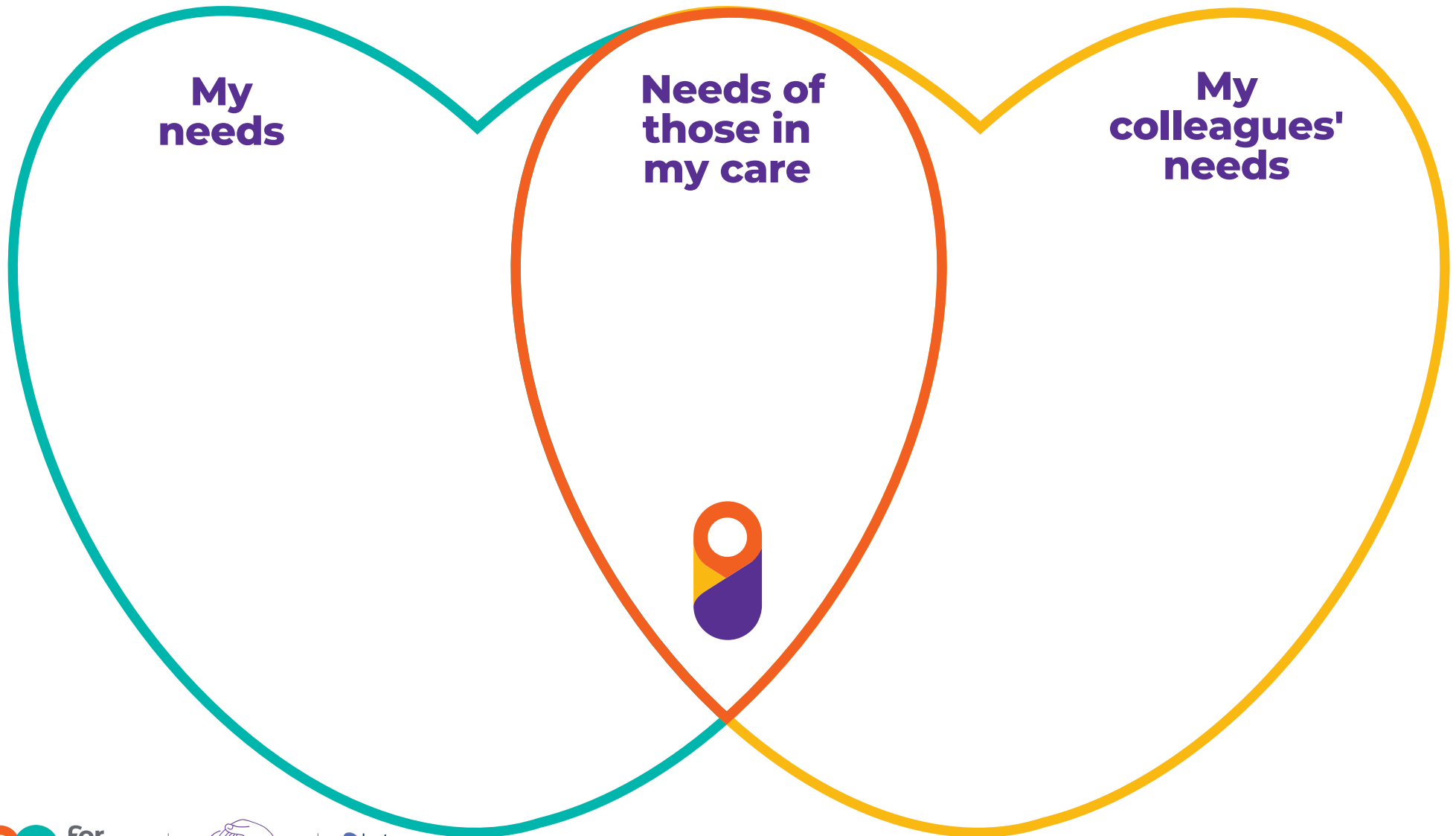


Emotional safety plan for professionals

This plan helps you to think of your emotional safety needs alongside the needs of those in your care and your colleagues. You can add words, pictures or actions to describe what you and others around you need in order to feel safe



You can use words and pictures to complete your plan

Here are some suggestions for what you might want to include

What would make me feel:



What I prefer to be asked or said to me:



Things I may want to consider:

