My Pocket Plan Instructions

What's This For?

This pocket plan is like a personal guide for future-you. It's something you complete before you're in a stressful or overwhelming situation so you have a plan ready when things get overwhelming. When we're stressed or dysregulated, our brain can "flip it's lid" (go into fight or flight mode) which means our problem-solving skills (the prefrontal cortex) don't work as well. That's why it's so helpful to plan out ways to "close our lids" (emotionally regulate) in advance, when you're grounded and regulated. This pocket plan offers self-reflection prompts and ways to "close our lids" based on the Nagoski (2019)s' research. You are welcome to fill out your pocket plan in whatever way makes sense to you - art, doodling, writing - whatever way you connect with!

When to Fill It Out

Fill this pocket plan out when you're in a calm space and have time for self-reflection. It's not something to do in the middle of a crisis, but something to prepare for moments when you might feel overwhelmed, shut down, or thrown off balance.

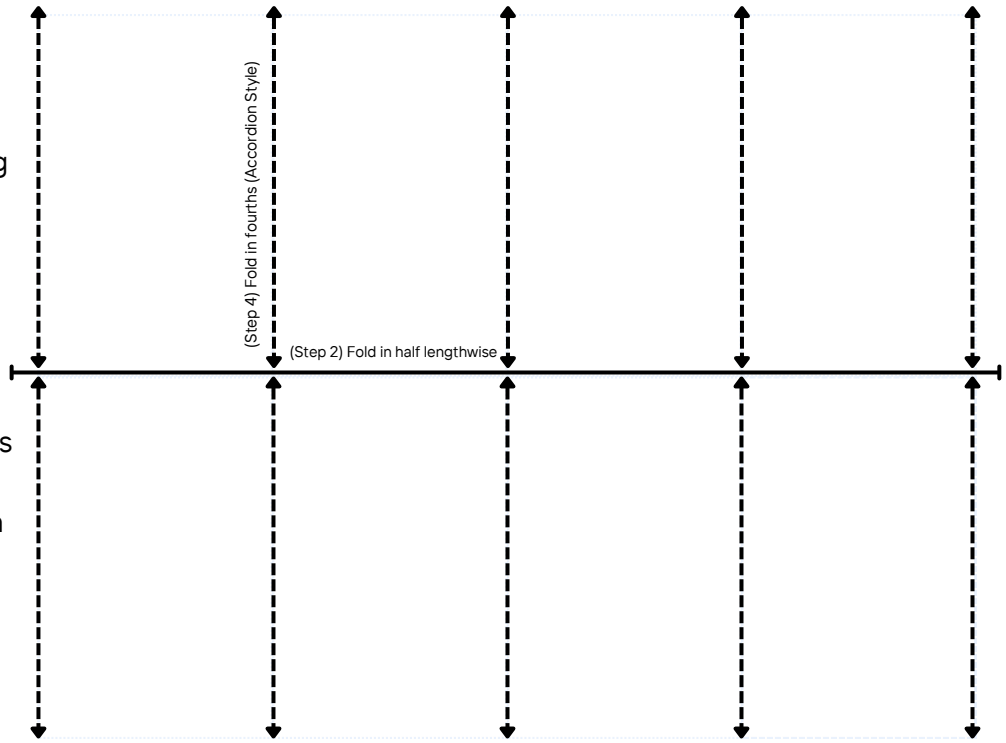
Where to Keep It

Once it's filled out, fold it up and tuck it somewhere easy to grab and have on you often, like your wallet, phone case, or bag. Think of it like your own personalized emotional first aid kit.

How to Fold Your Pocket Plan

You'll be folding your paper into an accordion style folded brochure that can fit in a wallet. Here's how to do it:

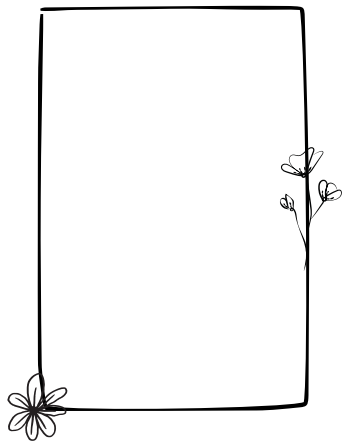
1. Print the template on a standard sized sheet of paper (8.5" x 11").
2. Fold in half lengthwise (Hot Dog Style). Take the long edges and bring them together, folding the paper lengthwise so it becomes a long, narrow rectangle—like a hot dog bun. Crease firmly.
3. Open it back up. Unfold the paper so it's flat again. You should see a horizontal crease in the middle. This helps guide the next folds.
4. Now fold it into fourths (Accordion Style). With the paper still in landscape orientation:
   a. First, fold the right edge over about one-quarter of the way across the page.
   b. Then fold the left edge over that flap so the paper folds up like an accordion (like a "Z" shape).
5. You should now have a brochure folded into four vertical panels.
6. Refold the lengthwise crease. Once your accordion folds are done, fold the whole brochure back along the original lengthwise (hot dog) crease. This makes it even more compact and pocket-sized.



This guide is based off of the following research:

Siegel, D. J. (2012). Dr. Dan Siegel's Hand Model of the Brain. YouTube https://www.youtube.com/watch? app=desktop&v=f-m2YcdMdFw.

Nagoski, E., & Amelia Nagoski, D. M. A. (2019). Burnout: The secret to unlocking the stress cycle. Ballantine Books.



I know what to do!

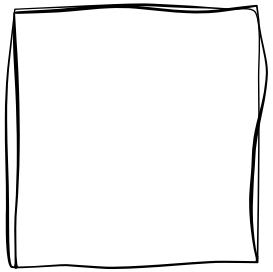
My Pocket Plan

I know that I'm stressed because...

My body cues...

My mental cues...

My behavioral cues...



The first thing I can do to ground myself when I feel overwhelmed is...

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Unlocking My Environment

What hidden resources do I have?

What might help me that I haven't noticed yet?

What's useful here that I might be overlooking?

My Personal Contacts

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National Crisis Numbers

988 Suicide & Crisis Lifeline: Call or text 988
Veterans Crisis Line: Dial 988 then press 1, text 838255, or chat online at VeteransCrisisLine.net.
The Trevor Project: 1-866-488-7386 (for LGBTQ+ young people).
SAMHSA National Helpline: 1-800-662-HELP (4357).
National Drug and Alcohol Treatment Hotline: 1-800-662-HELP (4357).
National Domestic Violence Hotline: 1-800-799-SAFE (7233) or text START to 88788.
StrongHearts Native Helpline: 1-844-7NATIVE (762-8483).
Disaster Distress Helpline: 1-800-985-5990
Crisis Text Line: Text HOME to 741741
The National Runaway Safeline: 1-800-RUNAWAY (786-2929).
211: (For Oregon) Call a free, confidential helpline that connects people to local health and human services

Mantras I live by:

Community is medicine.

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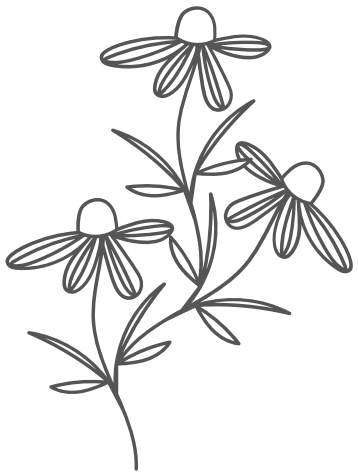
You are not alone.



trauma informed oregon

My 7 Secrets to Complete My Stress Cycle

Physical Activity

A movement that helps "close my lid" is...

A Long Hug

Something (or someone) I can hold tight to is...

Positive Social Interaction

Someone I can always connect with is...

Laughing Like I Mean It

A moment that brings me joy and laughter is...

A Deep Breath

My deep, intentional breathing exercise is...

Letting It All Out

A place or space I can cry is...

Creative Expression

A way I can be clever about expressing myself is...