

MY LIFE IS SACRED CARE TREE

Life and Choices

Making my environment safe. The things I need to get out of my immediate environment. Things I need to bring into my environment.



Intentions and Thoughts

What will I do if I have intrusive thoughts of ending my life?

Feelings & Energy

Naming my emotions. How will I manage overwhelming feelings and low energy? What things help me to relax? Where can I find distraction (art/sport etc.)



Taking Care of My Spirit

When can I participate in a session with Elder, smudge, sweat, or another?

Affirmations and Hope

Finish these sentences...
I am good at.....
I look forward to

Connections and belonging

Who can I count on to listen and offer support

Resources

What tools and resources can I use now and, in the future, if I feel this way again?

Exploring my Future and Purpose

When I dream of my future, these are the things, I want it to have/include...

I will keep adding to this plan this week and meet with _____ on _____ to talk.

What do I need and want from the staff of the centre?

Often	Daily	Weekly	Monthly

