FREE · HELP RIGHT NOW

LAINATTU RAUHA® · BORROWED PEACE · FREE PRINTABLES

Help right now

Four pages for the moment when everyday life is caving in. Start from the top: pain and illness are always checked first.

Somatic checklist: is this pain? p. 2

Calming strategies p. 3

Early warning signs: I notice I am becoming overloaded p. 4

Safety plan p. 5







This is yours. You do not need an account, an email address or money. Print the pages you need, and pass it on if it helps someone.

PHYSICAL CAUSES · W.H.I.C.H.

Somatic checklist

Before a behaviour plan: rule out physical causes.

When behaviour changes suddenly, physical causes are checked first. A non-speaking person cannot say "it hurts", so their behaviour says it for them.

Name: **Date:** **Filled in by:**



PAIN

- [ ] Teeth: cavities, gum inflammation, wisdom teeth?
- [ ] Headache: tension headache, migraine?
- [ ] Bones and joints: sprain, fracture, growing pains?
- [ ] Ears: ear infection, wax build-up?
- [ ] Skin: wounds, rash, itching, chafing?



STOMACH AND GUT

- [ ] Constipation: how many days since the last time?
- [ ] Food allergy or intolerance?
- [ ] Diarrhoea, reflux, stomach ache?
- [ ] Changes in eating: refuses food or eats differently?



SLEEP AND ENERGY

- [ ] Sleeping enough? Waking at night?
- [ ] Signs of tiredness during the day?
- [ ] Sleep apnoea or breathing problems?
- [ ] Changes in sleep pattern?



MEDICATION AND HEALTH

- [ ] Recent changes in medication?
- [ ] Fever, cold, infection?
- [ ] Periods or hormonal changes?
- [ ] Side effects: restlessness, tiredness, nausea?
- [ ] Allergy: pollen, animals, food?



SENSES AND ENVIRONMENT

- [ ] Hearing: any changes?
- [ ] Clothes: chafing or too tight?
- [ ] Vision: seeing well, red eyes?
- [ ] Something new around them: smells, sounds, lights?

Notes and things to tell the doctor:

Educational support material. It does not replace healthcare or therapy. Rule out physical causes and consult a professional when needed.

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Calming strategies

The adult picks one strategy and tries it. Not everything works straight away, and practice helps.



Breathe

The adult breathes calmly

Breathe slowly yourself, with the out-breath longer than the in-breath. Their nervous system mirrors your calm. Do not ask them to breathe along.



Pause

Stop for a moment

Everything is allowed to stop. Let the nervous system rest, even briefly.



Drink

Water or a warm drink

In a calm moment, drinking and swallowing soothe the body. Do not offer a drink in the middle of a meltdown.



Headphones

Dampen the noise

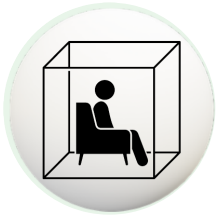
Noise-cancelling headphones or familiar, calming music help.



Blanket or weighted blanket

Safety through pressure

A weighted blanket, or a blanket the person wraps around themselves. Pressure calms when it is their own choice. Never wrap them or restrict their movement.



Own space

A quiet place

Reduce stimuli to a minimum and give permission to be left in peace.







Show the strategy as a picture. The "I breathe calmly", "Break" and "My own space" pictures are in the free picture bank: lainatturauha.com/en/picture-bank

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ANTICIPATION · W.H.I.C.H.

I notice I am becoming overloaded

Early warning signs. Write down what overload looks like for this particular person.

Name: **Date:**

GREEN TO YELLOW: first signs



What shows in the body:

What shows in behaviour:

What I do straight away:

YELLOW TO RED: warning signs



What shows in the body:

What shows in behaviour:

What I do straight away:

RED: overload



What it looks like:

Safety measures:

What I avoid:

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SAFETY PLAN · W.H.I.C.H.

Safety plan

Fill in the top half at a calm moment. Fold the page in the middle and keep the crisis steps in sight.

Name:

EARLY SIGNS:

WHAT HELPS:

WHAT NOT TO DO:

CONTACT AND PHONE:

FOLD HERE

In a crisis



1. STOP
Breathe. Slow down. Lower your voice.



2. SAFETY
Remove dangers and stay to the side.



3. MINIMISE
Keep words, pictures and demands to a minimum.



4. CALM
Offer familiar things and wait.



5. RECONNECT
Return to everyday life with warmth and positive feedback.



6. EMERGENCY
If the person is at risk of seriously harming themselves or someone else, or needs urgent care, call your local emergency number (112 in Finland and the EU).

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