

Stable Support Plan



A calm plan for difficult days

It's okay to have days that feel harder. This plan is here to support you, just like a steady horse beside you.

Signs I might be struggling:

Early warning signs I can look out for.

What doesn't help:

Things that can make it harder for me.

My grounding steps

Simple steps to help me reset.

- 1. Pause**
Stop. Take a moment.
- 2. Breathe**
Slow, steady breaths.
- 3. Find one safe thing**
Something that helps me feel a little calmer.
- 4. Ask for support**
Reach out to someone I trust.

What helps me feel steady?

The things that help me feel calm, safe and supported.

- Spending time with horses Music
 Being outdoors Rest
 Talking to someone I trust Other: _____
 Movement _____

People in my herd I can contact:

People I can reach out to when I need support.

- 1.** Name: _____
Contact: _____
- 2.** Name: _____
Contact: _____
- 3.** Name: _____
Contact: _____

A reminder to myself

Kind words for the hard days:

Slow down.
You are not alone.