Spring Up Conference Safety & Care Plan

This resource is to help you be proactive and prepare to care for yourself. You can make a copy of this document to edit it, or print a copy if you have access to a printer and would prefer to fill it out by hand. It is best to fill out when you are in a positive space and feel cared for and safe. Filling this out can be triggering, it is ok not to know who you have to support you, or where you can go. This can also be a tool to identify spaces for growth and strategy to build more of a support system.

Identifying support: (can be done in partnership with [Podmapping tool](#))
Who would you contact / turn to:

- help you process or deal with challenging emotions?

- ground, care for yourself and your body?

- have fun and get your mind off things?

- process challenges or conflicts related to work?

- support you if you harmed someone in taking accountability?

- in case of an emergency or crisis involving the state (police, immigration, hospital, etc)? Is this person or are these people labeled "in case of emergency" in your phone if you have one?

Do these people know they are your contact / support for these types of situations? Consider reaching out to 1-2 of them to let them know about the upcoming conference and that you may reach out for support or to debrief if something comes up for you.

What spaces do you have internet access and feel most comfortable and/or safe? Could you prioritize being in one of those spaces during the conference sessions you are attending?

How can you ground yourself and check in on how you are doing before, during, or after conference sessions?

Recognizing Signs & Self Care:

	What are warning signs (thoughts, behaviors, emotions, mood, feelings in your body) that you are beginning to feel:	What practices help you when you are feeling:	How do you want to relate to the conference content when you are feeling:
Overwhelmed with content / dysregulated			
Reactive or Angry			
Triggered / Activated			

Boundary Mapping:

Time Boundaries: How much time do you have to put toward this conference? What times of day are most accessible to you to attend? What times of day are too early or late for you to participate?

YES	MAYBE	NO
I want to attend / participate in:	Depending on how I'm feeling / my capacity, I might participate in:	I do not have the capacity to attend / participate in:

Information Boundaries: Which parts of your identity, work, or experiences are you open to sharing at this conference? What do you want to keep confidential / private? What might you open up about - and under what circumstances?

YES	MAYBE	NO
I feel comfortable / confident sharing: Only if / in the a context where:	I would be open to sharing this:	I will keep this confidential / private: