**Planning for emotional wellbeing while away/traveling**

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| Difficult things I might encounter/feel while away: | Possible responses/coping strategies\*: |
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*\*For more ideas on coping, visit:* [*http://counselingcenter.utah.edu/services/mindfulness.php*](http://counselingcenter.utah.edu/services/mindfulness.php)

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| General coping strategies that might help me while I’m away: |
| Relaxation techniques: |
| Physical activity: |
| Contact support person(s) and their numbers/emails:(I will wait \_\_\_ minutes before moving on to another person or strategy) |
| REMINDER: The one thing that is most important to me and worth living for is…REMINDER: My vision/hope in going on this trip was to experience… |

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| Emergency numbers/resources: |
| Nearest hospital to me: |
| University/program contact: |
| National Suicide Prevention Lifeline: 1-800-273-8255 or 1-800-SUICIDE (hours 24/7) |
| Support person I will call: |
| Other: |