

Online Supplement 16.2

Open Access This content is licensed under the terms of the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License (<http://creativecommons.org/licenses/by-nc-nd/4.0/>), which permits any noncommercial use, sharing, distribution and reproduction in any medium or format, as long as you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons licence and indicate if you modified the licensed material. You do not have permission under this license to share adapted material derived from this book or parts of it.

The images or other third-party material in this book are included in the book's Creative Commons licence, unless indicated otherwise in a credit line to the material. If material is not included in the book's Creative Commons licence and your intended use is not permitted by statutory regulation or exceeds the permitted use, you will need to obtain permission directly from the copyright holder.



Functional Somatic Symptoms in Children and Adolescents:
The Stress-System Approach to Assessment and Treatment

Kasia Kozłowska, Stephen Scher, and Helene Helgeland

Online Supplement 16.2

Traffic Light Safety-Plan Tool: Images for Printing

Various safety plans using the traffic light safety-plan tool are presented below, in two groups. The first three images concern children with low mood and with suicidal ideation or ideation pertaining to self-harm. The first image shows a safety plan filled out by a child with the assistance of her therapist. The second and third images are blank (one is colour, one in black and white); readers can print them out for use in their own clinical practices. The next three images relate to children with non-epileptic seizures. The first of these images shows a safety plan filled out by a child with the assistance of her therapist. The second and third of these images are again blank (one in colour and one in black and white); readers can print them out for use in their own clinical practices.

Please note that to facilitate printing, we have formatted this supplement for printing full-size on A4 paper.

Safety Plan – Traffic Lights

0
1
2

Feeling hopeless about the future
What's the point?
Hard to get out of bed
Miserable
Angry
Having thoughts of hurting myself

Red Zone – High Risk

Call emergency services (if required) to present to ED - CALL ...

Unable to keep safe – present to ED

Contact support services for support and guidance – Stay close to someone who can keep you safe

PHONE: ...

3
4
5
6

Finding it hard to get to school and see friends
Really tired
Feeling down
Easily annoyed
More time alone
Stressed
Sad
Lonely

Amber Zone – Increasing Risk. Use techniques to distract/de-escalate

Distraction (music, hang out with friends, read)

Do more fun things

Take a shower or bath

Reach out to someone you love

Tell an adult how you're feeling

Get active, move your body

Get outside – go for a walk around the block

Take a few deep breaths

7
8
9
10

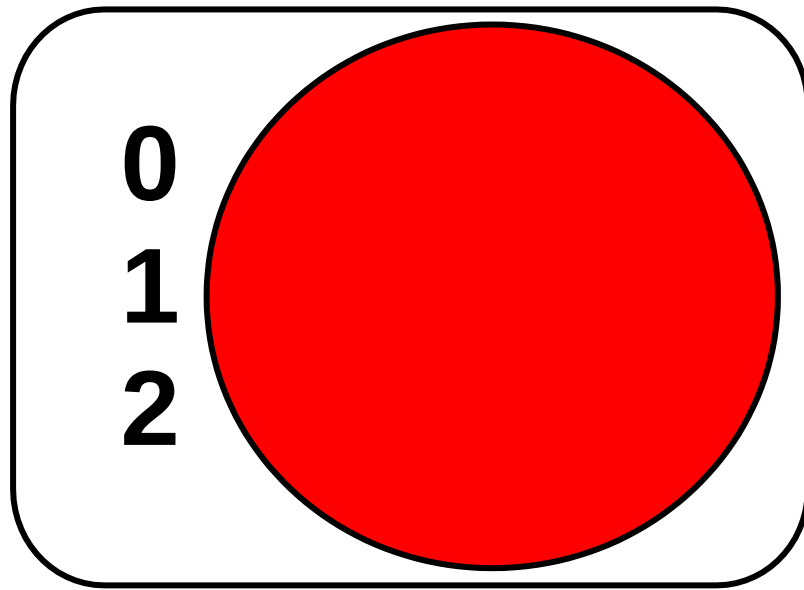
Feeling relaxed, comfortable
Going to school
Having fun, spending time with friends
Sleeping and eating well

Green Zone – Safe and Stable

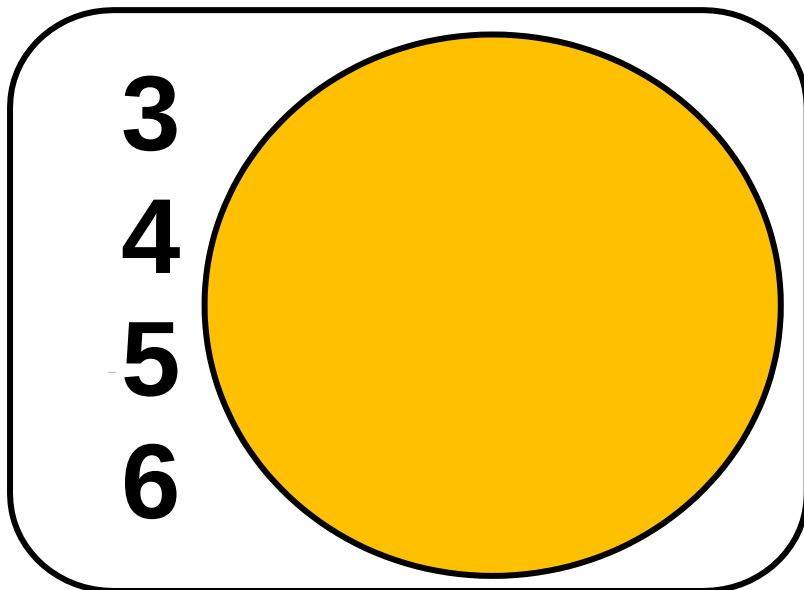
Continue to use techniques each day to help keep on top of moods and risks

Goals – stay in the green zone by using techniques that work for you

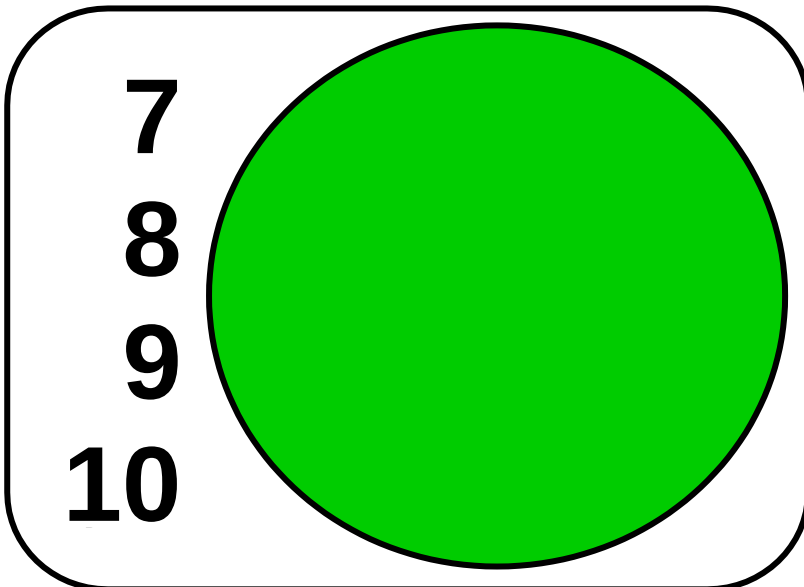
Safety Plan – Traffic Lights



Red Zone



Amber Zone



Green Zone

Safety Plan – Traffic Lights

0 1 2	
-------------	--

3 4 5 6	
------------------	--

7 8 9 10	
-------------------	--

Red Zone

Amber Zone

Green Zone

Safety Plan for Non-epileptic Seizure – Traffic Lights

10
9
8

BODY STATE

- Feeling dizzy
- Feeling more hot
- Feeling panicky
- Feeling weak
- Feeling shaky
- Feeling on edge, sweaty
- Strategies aren't working

Red Zone – High Risk

Get onto the floor or into a safe position.
Wait the episode out.
Use strategies to settle as the episode ends.

7
6
5
4

BODY STATE

- Heart beating faster
- Butterflies in my tummy
- Noticing symptoms more
- Finding it hard to relax
- Feeling worries
- Stressed
- Not sleeping as well

Amber Zone - Techniques to Use

Deep, slow breathing
Muscle relaxation practice
Grounding strategies
Exercise
Talking about my feelings, or talking to someone about how I'm going
Doing something creative to express my feelings
Distraction, going outside, doing something fun
Using these strategies to try to get on with things even if it's hard

3
2
1
0

BODY STATE

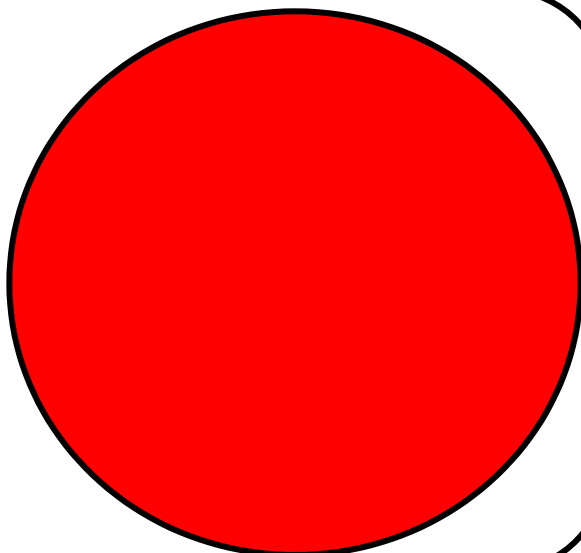
- Feeling calm and settled
- Sleeping well
- Maybe I'm still having a couple of symptoms but I'm managing them well and I'm able to use my strategies

Green Zone – 0-3/10

Safe and stable.
Continue to use mind-body strategies each day to help keep on top of symptoms

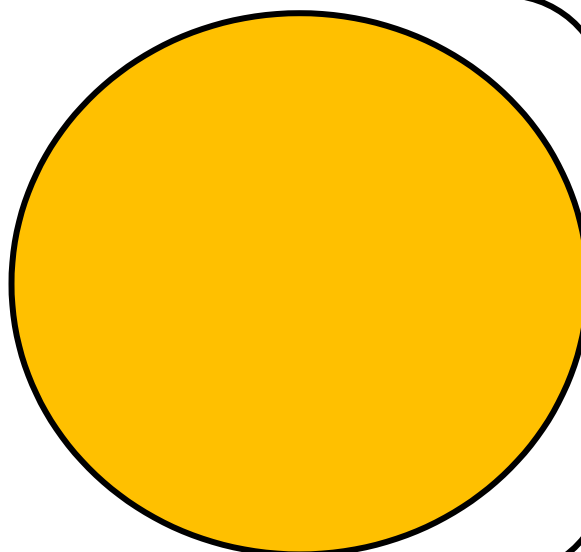
Safety Plan for Non-epileptic Seizure – Traffic Lights

0
1
2



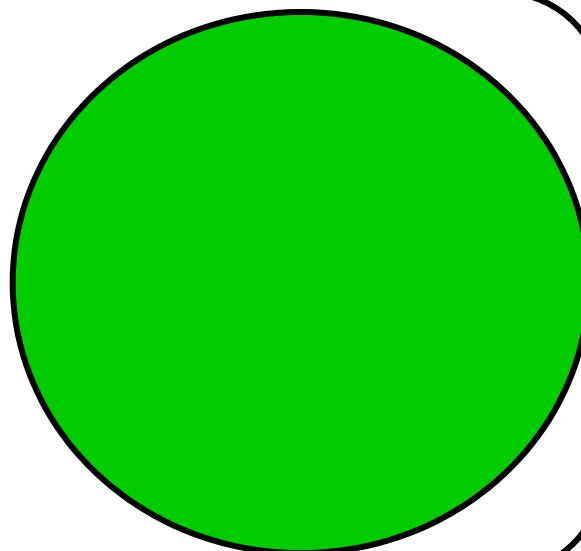
Red Zone

3
4
5
6



Amber Zone

7
8
9
10



Green Zone

Safety Plan for Non-epileptic Seizure – Traffic Lights

0 1 2	
----------------------------------	--

3 4 5 6	
--	--

7 8 9 10	
---	--

Red Zone

Amber Zone

Green Zone