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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

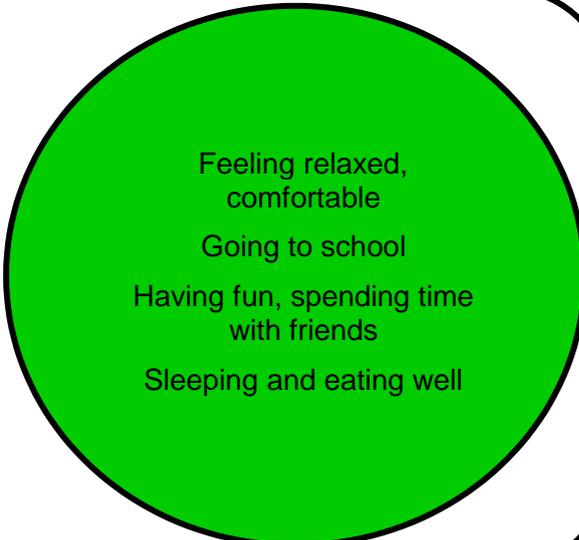
Tell an adult how you're feeling

Get active, move your body

Get outside – go for a walk around the block

Take a few deep breaths

7
8
9
10



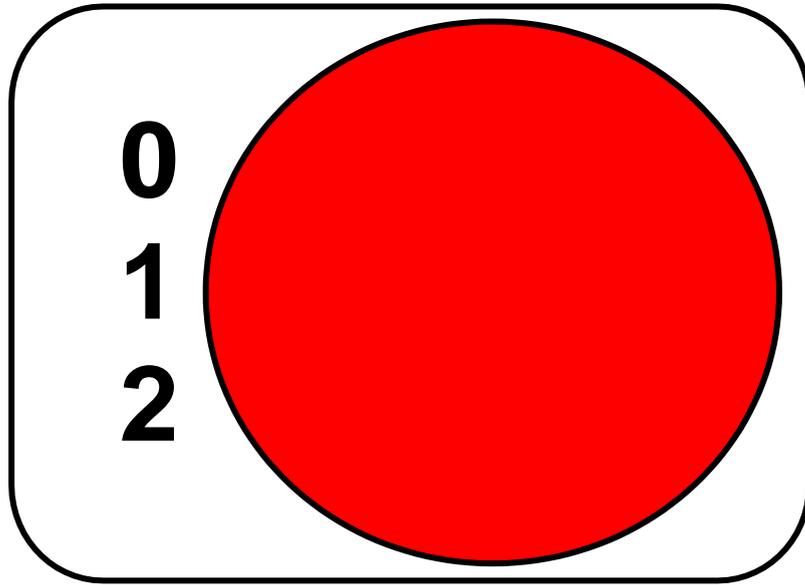
Feeling relaxed, comfortable
Going to school
Having fun, spending time with friends
Sleeping and eating well

Green Zone – Safe and Stable

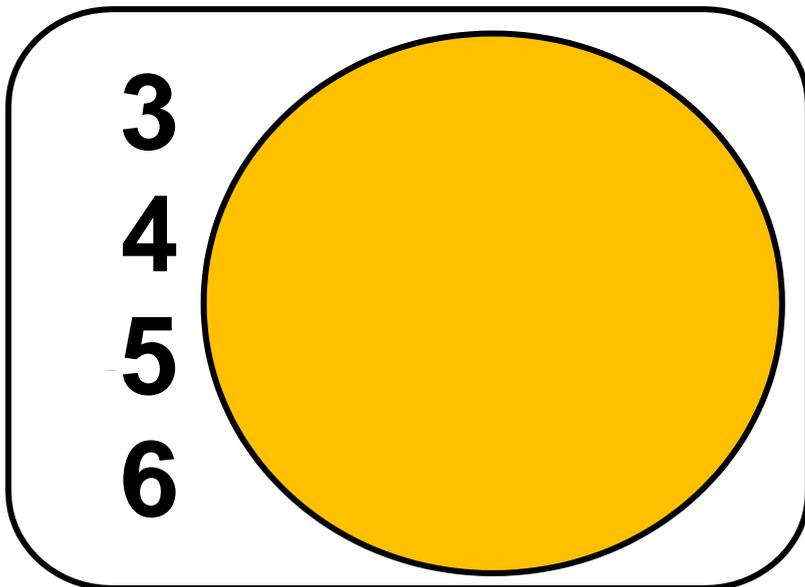
Continue to use techniques each day to help keep on top of moods and risks

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

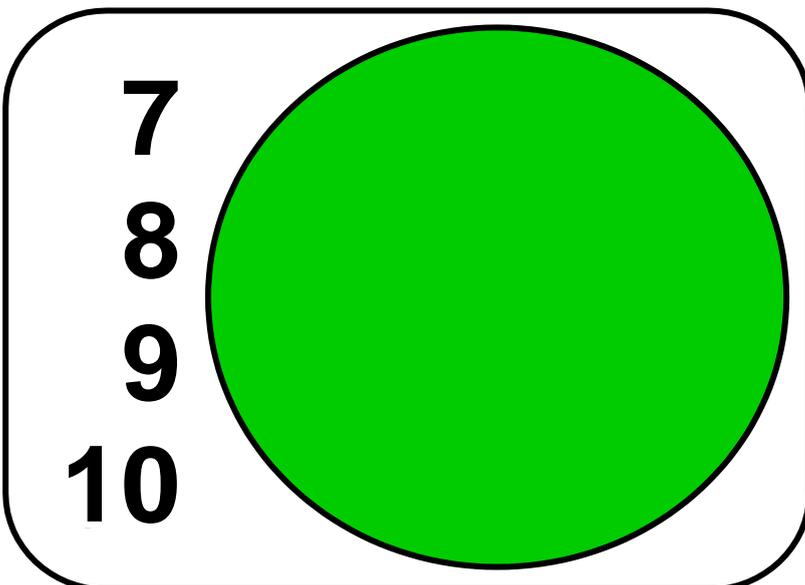
Safety Plan – Traffic Lights



Red Zone



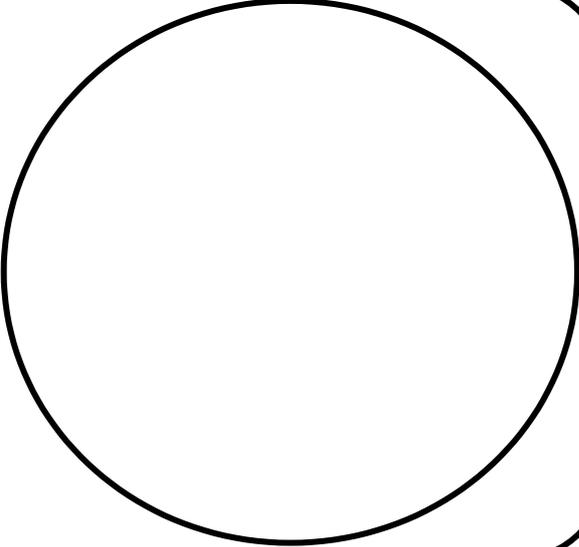
Amber Zone



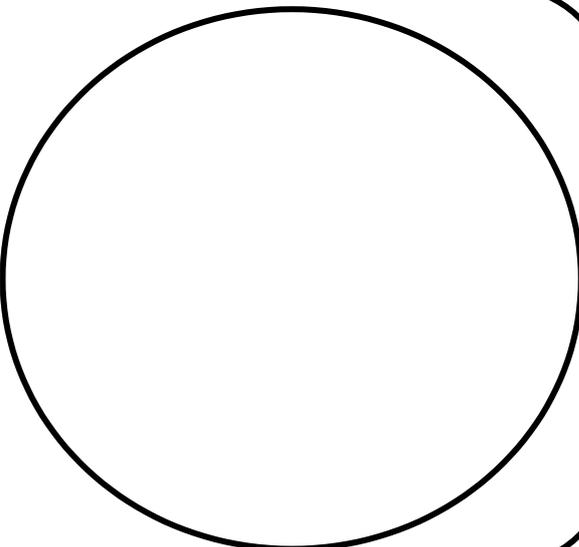
Green Zone

Safety Plan – Traffic Lights

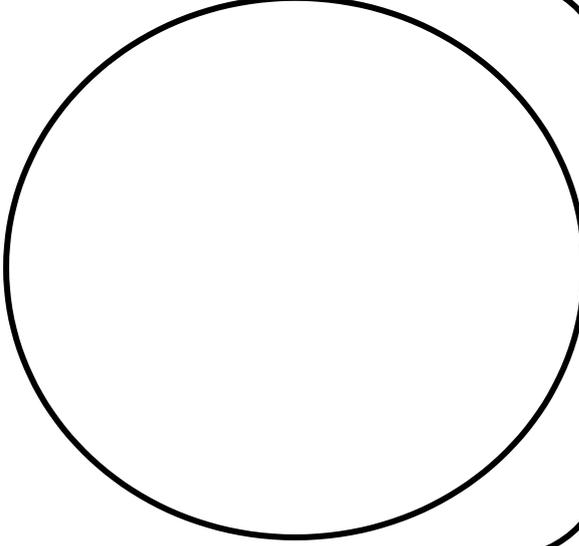
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Red Zone

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
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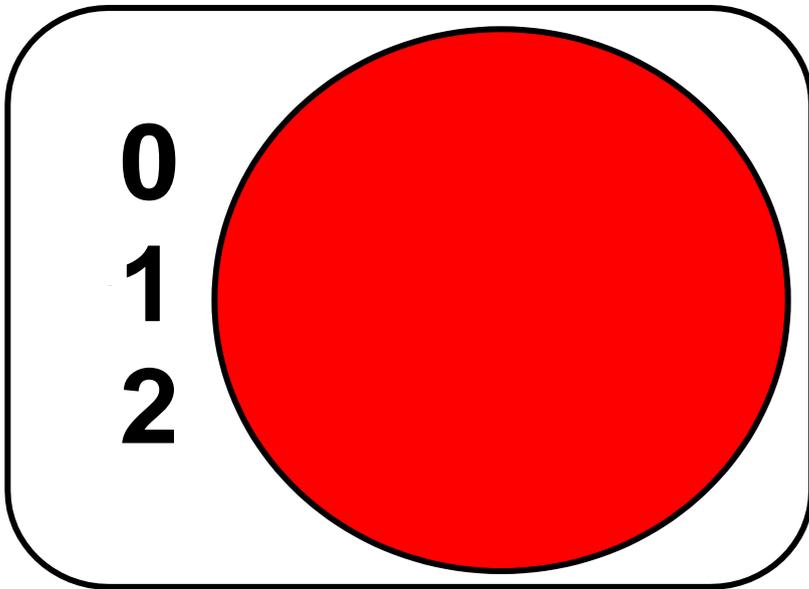
BODY STATE

- 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

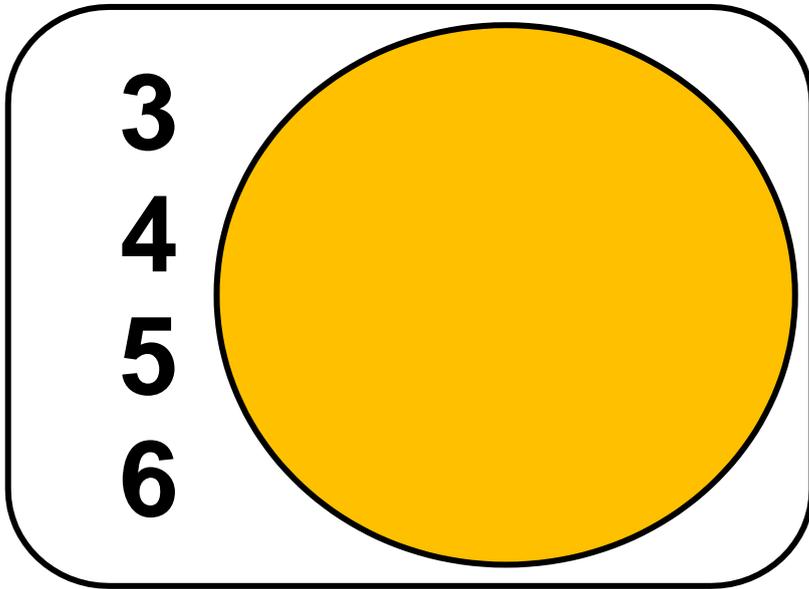
Green Zone – 0-3/10

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

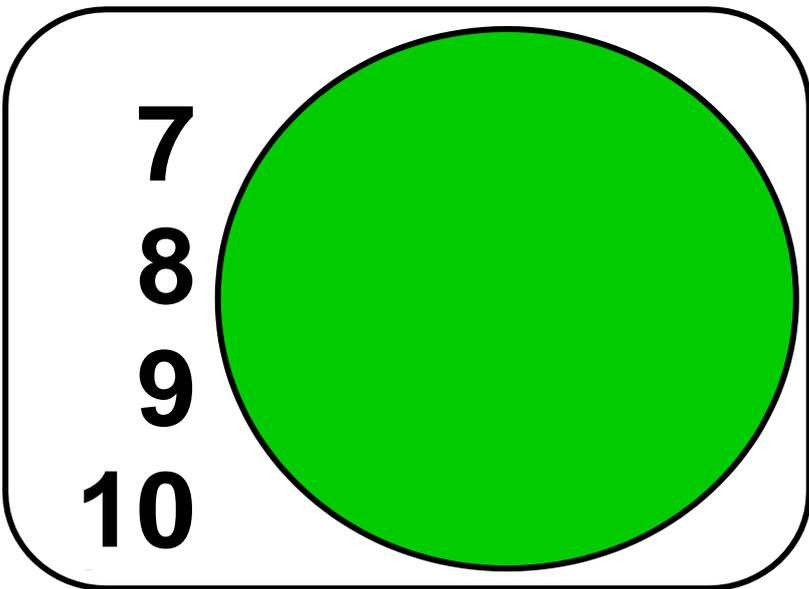
Safety Plan for non-epileptic seizure – Traffic Lights



Red Zone



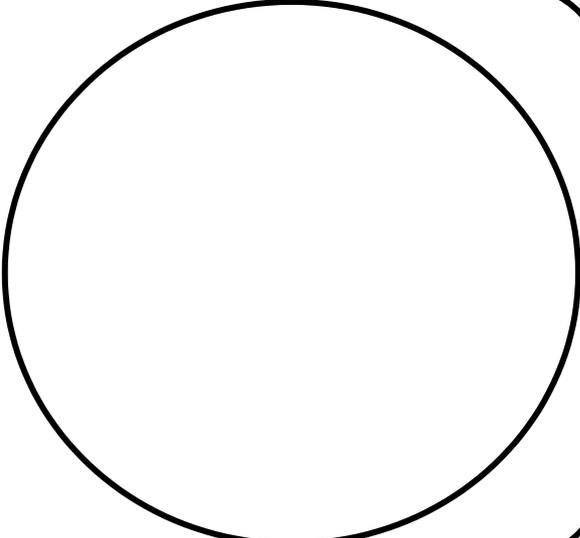
Amber Zone



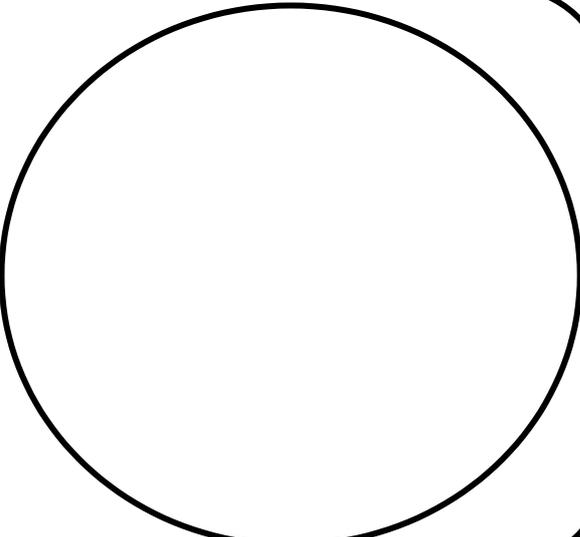
Green Zone

Safety Plan for non-epileptic seizure – Traffic Lights

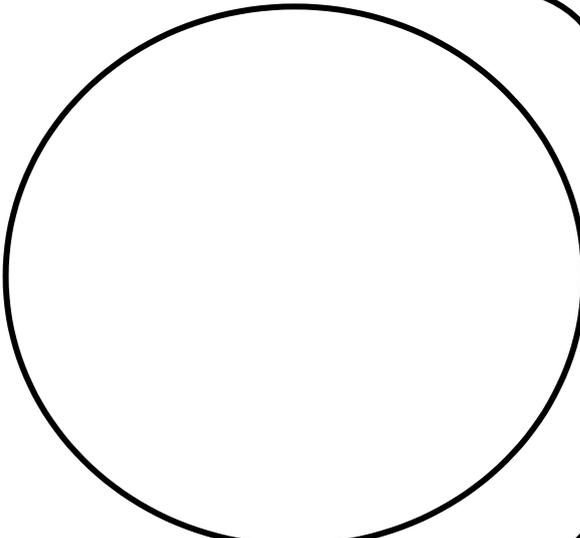
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Red Zone

Amber Zone

Green Zone