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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

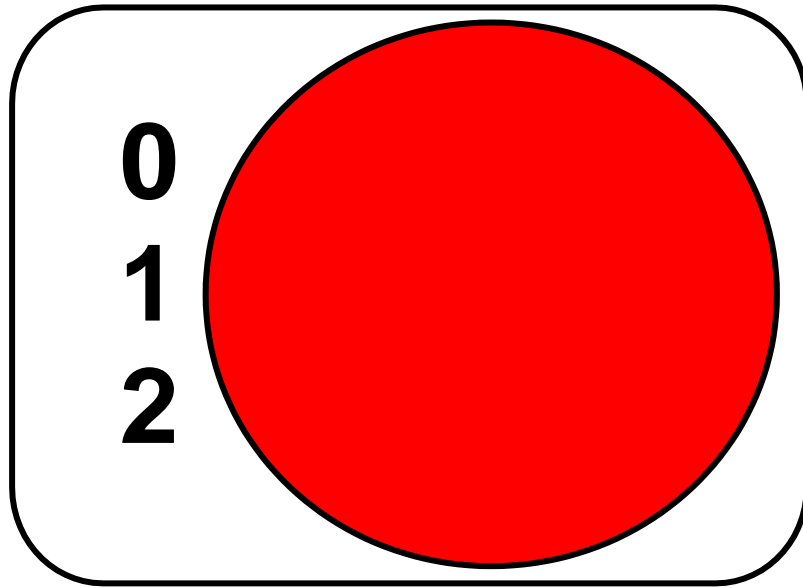
Feeling relaxed, comfortable  
Going to school  
Having fun, spending time with friends  
Sleeping and eating well

## Green Zone – Safe and Stable

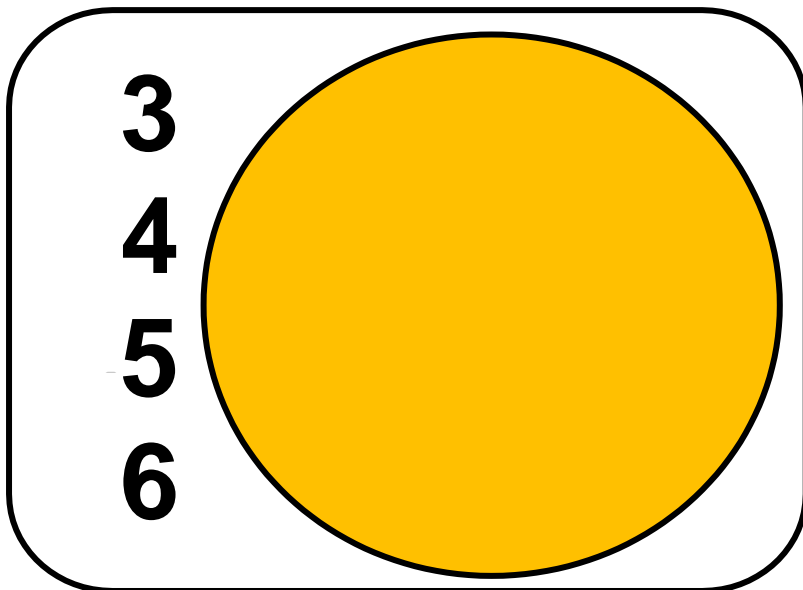
Continue to use techniques each day to help keep on top of moods and risks

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

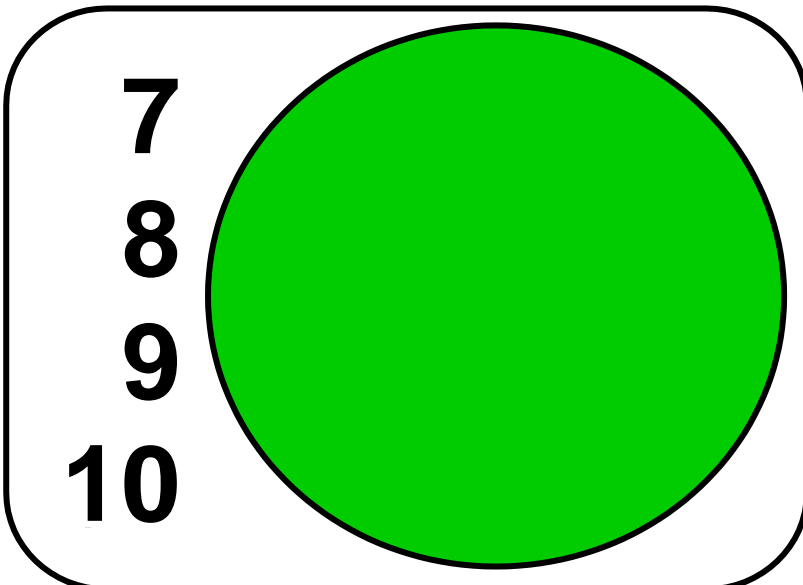
# Safety Plan – Traffic Lights



Red Zone

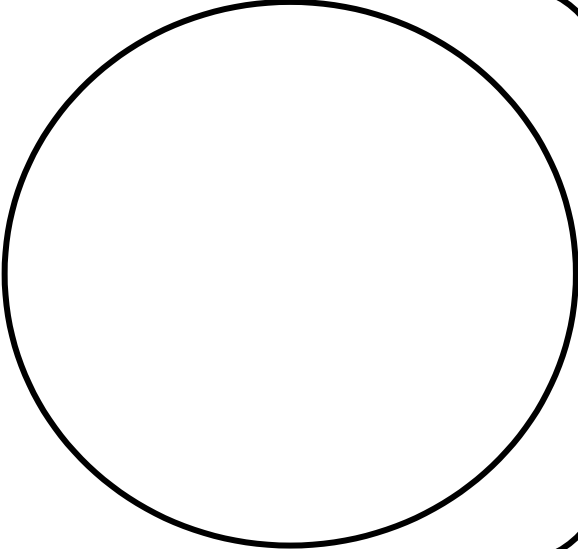


Amber Zone

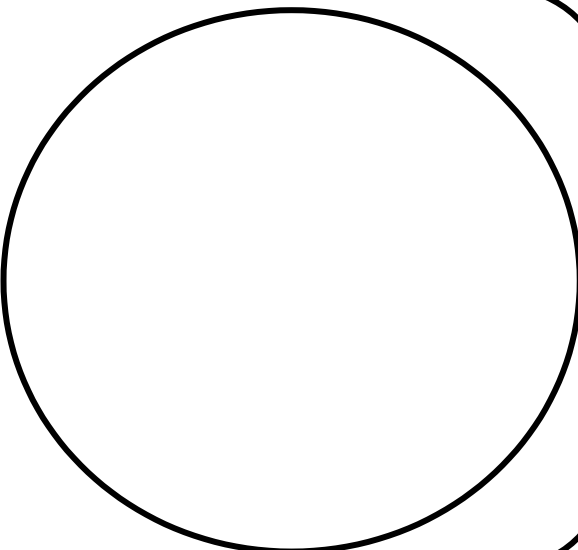


Green Zone

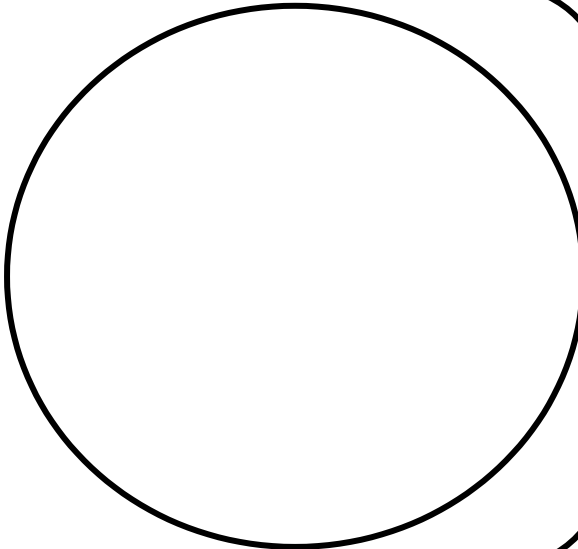
# Safety Plan – Traffic Lights

<b>0</b>	
<b>1</b>	
<b>2</b>	

Red Zone

<b>3</b>	
<b>4</b>	
<b>5</b>	
<b>6</b>	

Amber Zone

<b>7</b>	
<b>8</b>	
<b>9</b>	
<b>10</b>	

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**

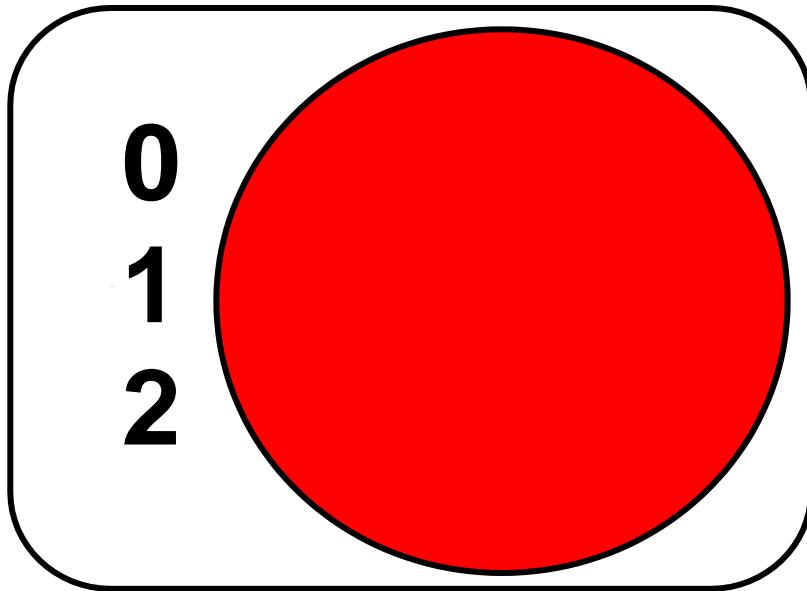
**BODY STATE**

- 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

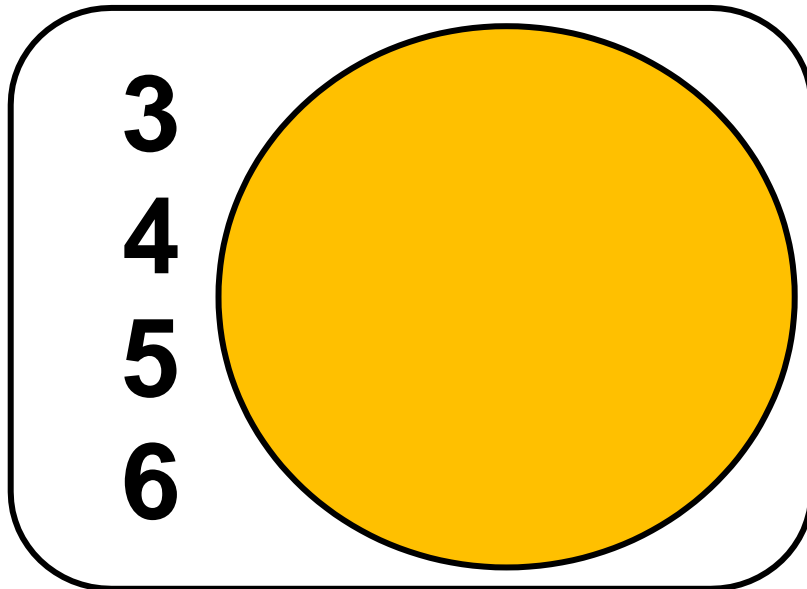
## Green Zone – 0-3/10

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

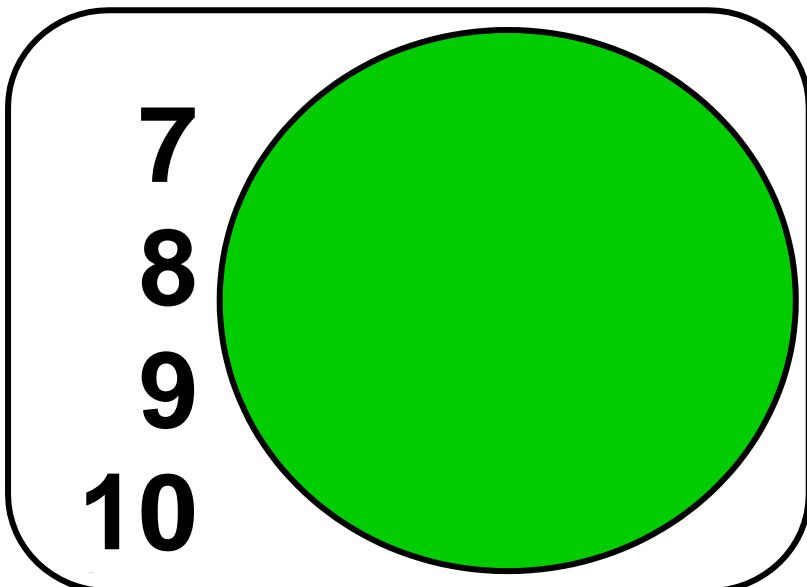
# Safety Plan for non-epileptic seizure – Traffic Lights



Red Zone



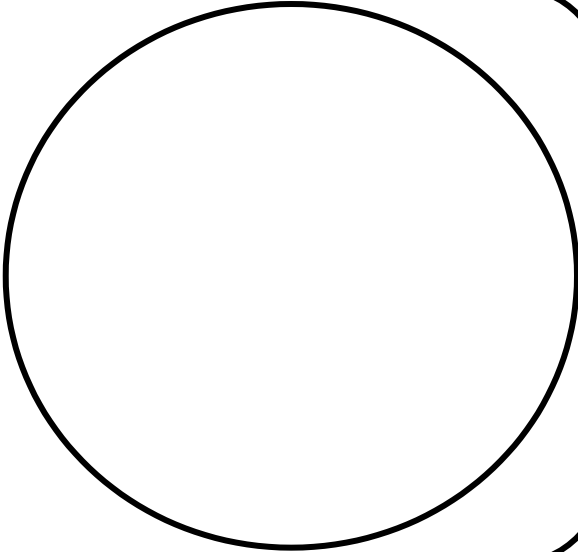
Amber Zone



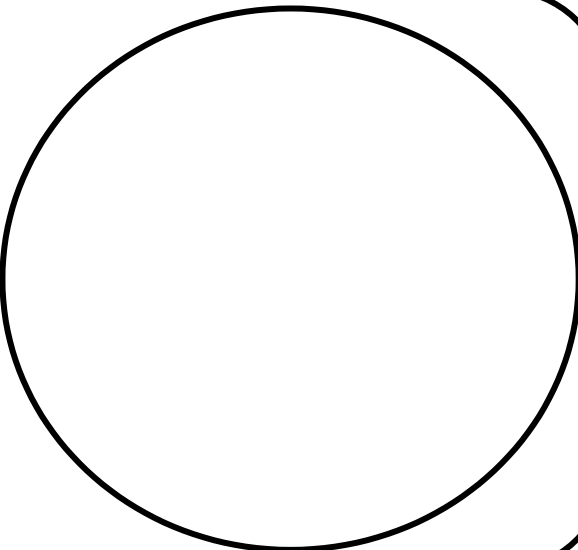
Green Zone

# Safety Plan for non-epileptic seizure – Traffic Lights

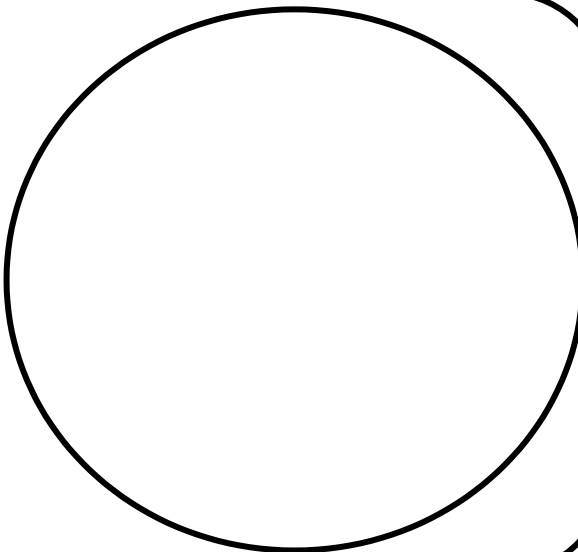
**0**  
**1**  
**2**



**3**  
**4**  
**5**  
**6**



**7**  
**8**  
**9**  
**10**



**Red Zone**

**Amber Zone**

**Green Zone**