

Self-Care Plan

Identifying Triggers and Activations

Triggers are any event, person, place, time of year, color, sound, sensation, etc. that cause your nervous system to respond in a threatened or survival-based state. This threat response will stimulate the need to run away, fight back, hide, or freeze. You may notice physical reactions such as increased heart rate, shallow breathing, hot or cold sweats, and/or shaking or trembling. You may notice thoughts that become very all or nothing, fearful and catastrophizing or your mind going blank. You may notice feelings of anxiety, panic, dread, fear, sadness, tearfulness and/or numbness. These experiences happen within a split second and are a direct response of your natural survival system based on a real or perceived threat. At times you may understand what is triggering you, while at other times having no idea. Below begin considering and identifying your triggers and the situations/events that tend to create that response.

| Date/Time/Situation/Event | Feelings, thoughts, physical sensations that activated | Intensity: 0-10 | What was happening just before? This is typically the trigger |
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Identifying Coping and Self-Soothing Skills

How have you coped in the past? What have you noticed has been helpful, even if it's been more maladaptive (such as ignoring, suppressing, numbing)? Below you will begin to consider coping and self-soothing skills that build upon your adaptive skills; consider skills that help even by 10%.

Examples: Taking a walk, taking a bath, listening to music, cuddle with your pet, play a favorite sport or engage in a favorite hobby. Think of your senses and identify things that bring a sense of soothing when you smell, taste, touch, see or hear them.

| Coping or Self-Soothing Skill | How does it help? What do you notice within yourself? |
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Identifying Your Support Team

We all naturally have a desire to belong, to feel supported and cared for. In our toughest times we can feel very isolated and alone and we often forget about our support team. We also need to spend time with those that help us recharge and replenish. Below, list the people, pets and/or places that provide you with a sense of support and belonging.

| Person//Pet/Place | Contact Information | How they can help me |
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Identifying Gratitude, Success and Accomplishments

Often, we find ourselves focusing on what's going wrong in our lives and miss the things that are going right. When what we focus on expands, it becomes invaluable to place that attention and focus on the good in our lives. Below, begin to identify what you're grateful for in your life, as well as success and accomplishments you've experienced. From there create a daily habit of identifying gratitude, successes and accomplishments to continue to focus on positive experiences in any given day.

Past Positive Experiences

| Gratitude | Success | Accomplishment |
|------------------|----------------|-----------------------|
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Present Positive Experiences

| Date | Gratitude | Success | Accomplishment |
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Present Positive Experiences

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Present Positive Experiences

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Present Positive Experiences

| Date | Gratitude | Success | Accomplishment |
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