

TRAUMA ANNIVERSARY PLAN

(Print or type out your plan in the spaces below with your computer or “adobe acrobat reader” app.)

PEOPLE I CAN REACH OUT TO

People and support group members who care for me that I can reach out to often.

TASKS I CAN PLAN AHEAD FOR

Tasks to complete or start ahead of schedule to make the next day easier.

GROUNDING TECHNIQUES THAT WORK FOR ME

Techniques that tend to work well that I can use often during this time.

WAYS I'VE CHANGED IN THE PAST YEAR

Positive ways I've changed since, and visual passage-of-time reminders.

SELF CARE ACTIVITIES

Basic self care steps I can add in so I have a more solid foundation to stand on.

STRESSORS TO AVOID

Unnecessary additional stress that I am able to keep away for a time.

POSITIVE ACTIVITIES TO ADD ON

Activities that can add a new positive association to this time.

IF IT GETS REALLY BAD

People and places to call, actions to take if it becomes really difficult.

WANT MORE TRAUMA TOOLS AND RESOURCES?

I send trauma tools, tips, and resources to my email list each week. Click below to join.
Can't wait to see you on the inside!

~ Jocelyn St.Cyr, LICSW

GET TRAUMA TOOLS!