

# My Emotional Safety Plan

Trauma has happened. It is natural to need time, sometimes a lot of time, to heal from trauma. Working on an emotional safety plan may aid in the healing process.

Recognize that you are experiencing normal reactions to abnormal circumstances. Ask yourself, "When I'm not okay what happens to my thinking? My body? My vision? My balance?"

Some reactions are:

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Some triggers that increase the trauma reactions are:

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Talk about your thoughts, feelings, and reactions with people you trust.

A safe, trusted person I can talk with is: \_\_\_\_\_

If that person is not available I can talk with: \_\_\_\_\_

The 24-hour helpline is: 612-626-9111

Do whatever it takes to create a feeling of safety and tranquility in your immediate environment.

Something I like to do to help me feel good & relax when I do not feel well is:

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Some things I can do by myself to bring me safety & tranquility are:

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Some things I can do with others to bring me safety & tranquility are:

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At your own pace continue to resume your usual activities and routines. Traumatic events can throw your life into a state of chaos and structure can provide feelings of security.

A daily routine that I would like to continue is:

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An activity that I can do regularly is:

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Make sure that you are giving yourself permission to rest, exercise, and get proper nutrition. Healing from trauma can take its toll on the body just like if you were to get the flu. Do the same for yourself as you recover from trauma.

Activities I can do to rest are:

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Activities I can do to exercise are:

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I will provide my body with proper nutrition by:

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Take an affirmative action on your behalf. You can make choices for your own life. You can take control of your situations. You have the right to do that.

An action I can do or choice I can make that is positive for me is:

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Become aware of your emotional triggers and find ways to cope with them creatively. You may experience a flashback from the trauma you endured. One way to cope with this is to recognize that you are experiencing an emotional trigger and engage in positive self-talk. (Example: This is frightening, but I am safe now. / I am having a panic attack, and it will end. This won't last forever.)

Positive self-talk that will help me is:

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Other ways that I can use to cope with emotional triggers are:

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Use your healing and restoration time as a time to grow inside of yourself. Record insights in a journal or voice them in a support group that is understanding of your situation.

A healing group or support group that I can attend is:

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Another activity that I can do to heal is:

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Seek a helper, therapist, or counselor. See an advocate for a list of counselors in your area that work specifically with trauma survivors.

A counselor I can go to is:

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Be patient with yourself. Healing takes time and will have its ups and downs.

When I'm not feeling patient with myself I can:

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