



## **Self-Care Plan**

### **Understanding Triggers and Activations**

Triggers can be any person, place, situation, memory, anniversary date, sound, smell, sensation, thought, or experience that causes your nervous system to react as though you are in danger. When triggered, your body may shift into a survival response such as fight, flight, freeze, or fawn.

You may notice:

### **Physical Reactions**

- Increased heart rate
- Shallow breathing
- Muscle tension
- Sweating
- Trembling or shaking
- Stomach discomfort
- Fatigue or numbness

### **Thoughts**

- Catastrophizing
- All-or-nothing thinking
- Racing thoughts
- Self-criticism
- Difficulty concentrating
- Mind going blank

### **Emotions**

- Anxiety



- Fear
- Panic
- Anger
- Sadness
- Shame
- Numbness

Sometimes you may know exactly what triggered you, while other times the reaction may seem to come out of nowhere. The goal is to begin noticing patterns and identifying situations that activate your nervous system.

### Trigger Tracking Log

<b>Date/Time</b>	<b>Situation or Event</b>	<b>Feelings, Thoughts, and Physical Sensations</b>	<b>Intensity (0–10)</b>	<b>What Happened Just Before? (Possible Trigger)</b>



## **Identifying Coping and Self-Soothing Skills**

Coping skills help us manage difficult emotions, while self-soothing skills help calm and regulate the nervous system.

Think about what has helped you in the past, even if only by 10%. Consider activities that engage your senses and help you feel grounded, comforted, or connected.

Examples:

- Taking a walk
- Listening to music
- Spending time with a pet
- Deep breathing
- Taking a bath
- Stretching
- Prayer or meditation
- Calling a supportive friend
- Journaling
- Gardening
- Drinking tea
- Creative activities





## Identifying Your Support Team

We all need connection, support, and belonging. During difficult times it is easy to forget who and what helps us feel safe, supported, and cared for.

Consider people, pets, groups, communities, and places that help you feel grounded and connected.

### Support Team

Person, Pet, Place, or Resource	Contact Information	How They Can Help Me







## **My Self-Care Commitment**

When I notice I am becoming activated, I will:

1.

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2.

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3.

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4.

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People I can reach out to for support:

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Three coping skills I will practice this week:

1.

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2.

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3.

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One thing I am grateful for today:

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