After the Trauma: Navigating the days immediately following a traumatic event (with scripture)

Melissa Fisher

Find Simple, Find Stable, Find Support

Find Simple

- Simplify life. Don't intentionally add to your stress for the next 30 days.
- Prioritize problems, address them one at a time.
- This is not the time for extra obligations. Reduce volunteer work or extracurricular activities, focus on the most important ones (health, immediate family, work, etc.).

Find Stable

- Stabilize with coping skills.
- Repeat coping skills.
- Repeat coping skills.

Find Support

- Connect with people and resources that make you feel safe.
- Your normal connections with people will shift. That's okay. Reach out to people who you are drawn to, you can connect with others when things calm down.
- You don't have to talk about it. If talking helps, go for it. If talking causes more anxiety,
 avoid it. Right now, just do what helps.

Find Simple, Find Stable, Find Support

(Note: All Resources are found at the end of the document)

Find Simple (2 minutes) List four current problems, stressors, or dilemmas you are facing: They are ALL important. Which one is the most pressing? What is ONE THING you can do about this today (ask a friend if you need help with this)? Find Stable (2 minutes) Do the Square Breathing (or Square Breathing with words) exercise from the "Resources" pages, eight times (about two minutes) Find Support (2 minutes) Who can you call in a time of crisis? What is the number of **national crisis hotline** from the "Resources" page? What is one you need help with (examples: a meal, picking up the kids from school, filing insurance claim, calling a doctor)? _____ Who can you call to help with this? Find Stable – again Pick a **Bible Truth** from the "Resources" pages. Focus on it. Use this when you need it. Write it

Find Simple (2 minutes)

List four current problems, stressors, or dilemmas you are facing (they might be the same or different from yesterday):		
They are ALL important. Which one is the most pressing?		
What is one thing you can do about this today?		
Find Stable (2 minutes)		
Do the Square Breathing (with or without words) exercise.		
Find Support (2 minutes)		
Who can you call in a time of crisis? (this might change from day to day)		
What is one thing you need help with?		
Who can you call to help with this?		
Find Stable – again		
Pick a calming texture or aroma from the "Resources" pages. Focus on it. Repeat throughout		
the day, as needed. Thank God for this resource here: "Thank you God for		
it causes me to feel		

Find Simple (2 minutes)

List four current problems, stressors, or dilemmas you are facing (they might be the same or
different from previous days):
They are ALL important. Which one is the most pressing? What is one thing you can do about this today?
Find Stable (2 minutes)
Do the Square Breathing (with or without words) exercise. Use your own Bible Truth as the
words in the exercise, if desired.
Find Support (2 minutes)
Who can you call in a time of crisis? (this might change from day to day)
What is one thing you need help with?
Who can you call to help with this?
Find Stable – again
Pick a Bible Truth from the "Resources" pages. Focus on it. Use this when you need it. Write it
here:

Find Simple (2 minutes)

List four current problems, stressors, or dilemmas you are facing (they might be the same or different from previous days):		
Find Stable (2 minutes) Practice Mindfulness from the "Resources" pages.		
Find Support (2 minutes)		
Who can you call in a time of crisis? (this might change from day to day)		
What is one thing you need help with?		
Who can you call to help with this?		
Find Stable – again		
Pick a calming picture or sound from the "Resources" pages. Focus on it. Repeat throughout		
the day, as needed. Thank God for this resource here: "Thank you God for		
it causes me to feel		

Find Simple (2 minutes)

List four current problems, stressors, or dilemmas you are facing (they might be the same or
different from previous days):
They are ALL important. Which one is the most pressing?
What is one thing you can do about this today?
Find Stable (2 minutes)
Practice Mindfulness from the "Resources" pages.
racetoe transmission and resources pages.
Find Support (2 minutes)
Who can you call in a time of crisis? (this might change from day to day)
What is one thing you need help with?
Who can you call to help with this?
Find Stable – again
Pick a calming thought or Bible Truth from the "Resources" pages. Focus on it. Use this when
you need it. Write it here:

Find Simple (2 minutes)

List four current problems, stressors, or dilemmas you are facing (they might be the same or different from previous days):		
Find Stable (2 minutes) Practice Visualization from the "Resources" pages.		
Find Support (2 minutes)		
Who can you call in a time of crisis? (this might change from day to day)		
What is one thing you need help with?		
Who can you call to help with this?		
Find Stable – again		
Pick a calming texture or aroma from the "Resources" pages. Focus on it. Repeat throughout		
the day, as needed. Thank God for this resource here: "Thank you God for		
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Find Simple (2 minutes)

List four current problems, stressors, or dilemmas you are facing (they might be the same or		
different from previous days):		
They are ALL important. Which one is the most pressing?		
What is one thing you can do about this today?		
Find Stable (2 minutes)		
Practice Visualization.		
Find Support (2 minutes)		
Who can you call in a time of crisis? (this might change from day to day)		
What is one thing you need help with?		
Who can you call to help with this?		
Find Stable – again		
Pick a calming picture or sound from the "Resources" pages. Focus on it. Repeat throughout		
the day, as needed. Thank God for this resource here: "Thank you God for		
it causes me to feel		

Find Simple (2 minutes)

List four current problems, stressors, or dilemmas you are facing (they might be the same or different from previous days):		
Find Stable (2 minutes)		
Practice Square Breathing.		
Find Support (2 minutes)		
Who can you call in a time of crisis? (this might change from day to day)		
What is one thing you need help with?		
Who can you call to help with this?		
Find Stable – again		
Pick a calming thought or Bible Truth from the "Resources" pages. Focus on it. Use this when		
you need it. Write it here:		

Find Simple (2 minutes)

List four current problems, stressors, or dilemmas you are facing (they might be the same or		
different from previous days):		
They are ALL important. Which one is the most pressing?		
Find Stable (2 minutes) Practice Mindfulness.		
Find Support (2 minutes)		
What is anothing you need help with?		
What is one thing you need help with? Who can you call to help with this?		
Find Stable – again		
Pick any calming resource of your choice from the "Resources" page. Focus on it. Repeat		
throughout the day, as needed. Write here what you chose:		

Find Simple (2 minutes)

List four current problems, stressors, or dilemmas you are facing (they might be the same or			
different from previous days):			
They are ALL important. Which one is the most pressing?			
What is one thing you can do about this today?			
Find Stable (2 minutes)			
Practice any of the activities from the "Resources" pages (Square Breathing, Mindfulness, or			
Visualization).			
Find Support (2 minutes)			
Who can you call in a time of crisis? (this might change from day to day)			
What is one thing you need help with?			
Who can you call to help with this?			
Find Stable – again			
Pick any calming resource of your choice from the "Resources" page. Focus on it. Repeat			
throughout the day, as needed. Write here what you chose:			

Next steps

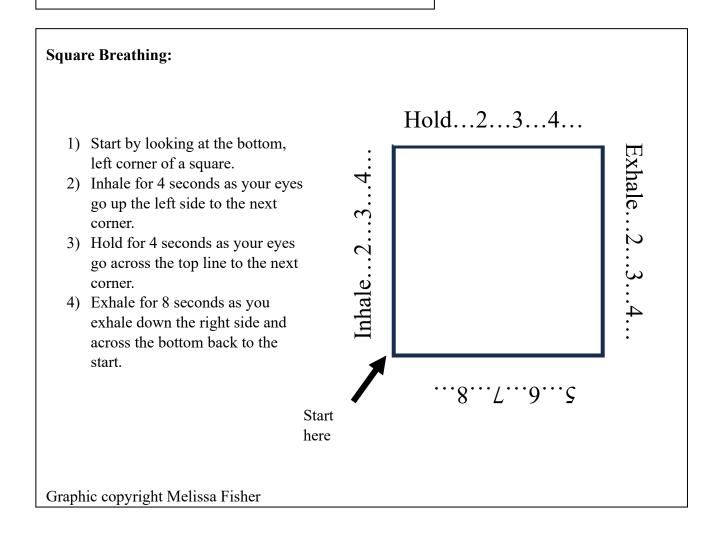
Pick a next step. Examples: Seek therapy, complete a task, read a book, go to church, look for				
grief or trauma groups, etc.				
My next step is:				
One is ONE THING you can do to work on this next step? Examples: Make a phone call, search				
online for information, go to the library, call a friend, etc.				
One thing I can do toward my next step is:				
What are three coping skills you learned that you can use going forward?				
Remember				
Simple, Stable, Support				
These are the things you need most right now				

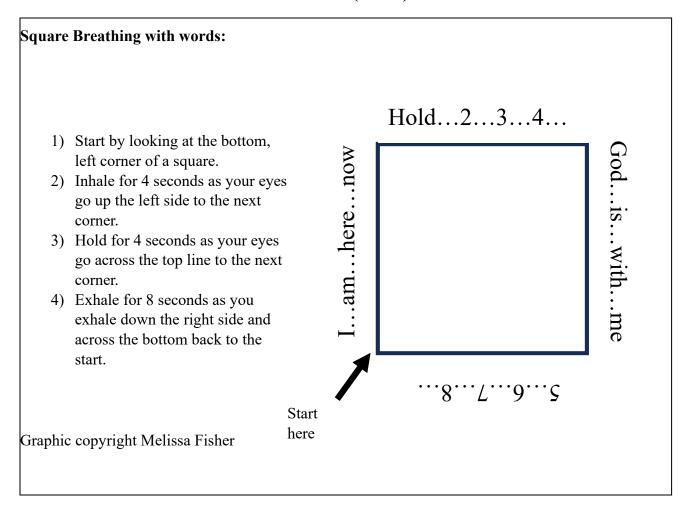
Resources

Crisis hotlines:

National Crisis Hotline: 988

US National Crisis Text Line: Text "HOME" to 741741





Bible Truths:

God is my refuge (Psalm 46:1)

God is my strength (Psalm 46:1)

God is my help in times of trouble (Psalm 46:1)

God protects me (Psalm 91:3)

God hears me (Psalm 116:1)

God hears my cry (Psalm 116:1)

The LORD is my shepherd (Psalm 23:1)

The LORD is with me (Psalm 23:4)

God helps me (Isaiah 41:10)

God strengthens me (Isaiah 41:10)

God sees my trouble and grief (10:14)

Visualization:

Imagine yourself in a Calm Space: What do you see, hear, smell, feel or taste? Be descriptive.

If anything makes the scene unpleasant, get rid of it or try a new scene. Find a space—real or imagined—where you feel calm when you imagine yourself there.

Another suggestion: Use Psalm 23 as your Calm Space. Read or listen to the scripture to help with visualizing yourself in that space.

Calming thoughts:	Calming textures:
I'll be okay	Blanket
I'm okay	Stuffed animal
I'm safe now	Special clothing
I will get through this	
I have to comfort me	
These feelings are temporary	Calming aromas:
One day at a time	Lavendar
	Eucalyptus
	Vanilla
	Lemon
	Cinnamon
Calming pictures (search photos online	
or find one nearby):	
Water	
Scenery	Calming sounds:
Loved ones	Ocean
Loved ones	
Pictures with a calming color	River
Animals or pets	Birds
	Rain
1	

Mindfulness (with God):

Look around you. Start by acknowledging God is with you. Say aloud: "God, you are with me. I am here and you are here."

Next, describe everything as if you were telling someone on the phone, and they had to recreate your scene.

What do you see?

What do you hear?

What do you feel (textures, clothing, etc.)?

What do you smell?

What do you taste, if anything?

Example:

"I see a bed, it has a gray comforter that is rumpled, and three pillows. Two of the pillows are gray, with a white, floral pattern. One pillow is green and white. They are leaning against the wall. The wall is light blue...I hear the fan blowing and car noise outside. I see the fan swirling around, and it has five brown blades..."

End the exercise by thanking God for his presence with you. "Thank you God for being with me during this time. Even when I'm not thinking about you, you are with me."