

After the Trauma: Navigating the days immediately following a traumatic event

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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

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Day 1

(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** 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? **988** _____

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 **calming thought** from the “Resources” pages. Focus on it. Use this when you need it.

Day 2

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** 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** from the “Resources” pages. Feel it. Repeat throughout the day, as needed.

Day 3

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** 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 aroma** from the “Resources” page. Focus on it. Use this as needed throughout the day.

Day 4

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.

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** from the “Resources” page. Focus on it. Repeat throughout the day, as needed.

Day 5

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.

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 sound**. Focus on it. Repeat throughout the day, as needed.

Day 6

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** 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 thought** from the “Resources” page. Focus on it. Repeat throughout the day, as needed.

Day 7

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 texture** from the “Resources” page. Feel it. Repeat throughout the day, as needed.

Day 8

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 **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 aroma** from the “Resources” page. Focus on it. Repeat throughout the day, as needed.

Day 9

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**.

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** from the “Resources” page. Focus on it. Repeat throughout the day, as needed.

Day 10

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** from the “Resources” page (thought, picture, texture, aroma or sound). Focus on it. Repeat throughout the day, as needed.

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

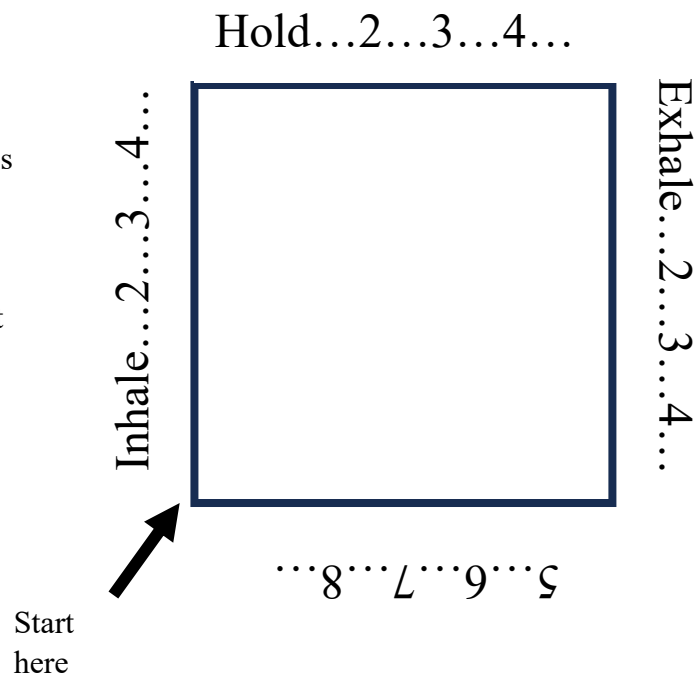
Crisis hotlines:

National Crisis Hotline: 988

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

Square Breathing:

- 1) Start by looking at the bottom, left corner of a square.
- 2) Inhale for 4 seconds as your eyes go up the left side to the next corner.
- 3) Hold for 4 seconds as your eyes go across the top line to the next corner.
- 4) Exhale for 8 seconds as you exhale down the right side and across the bottom back to the start.



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Resources (cont.)

Calming thoughts:

I'll be okay

I'm okay

I'm safe now

I will get through this

I have _____ to comfort me

These feelings are temporary

One day at a time

Calming textures:

Blanket

Stuffed animal

Special clothing

Calming aromas:

Lavendar

Eucalyptus

Vanilla

Lemon

Cinnamon

Calming pictures (search photos online or find one nearby):

Water

Scenery

Loved ones

Pictures with a calming color

Animals or pets

Calming sounds:

Ocean

River

Birds

Rain

Resources (cont.)

Mindfulness:

Look around you. 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 ruffled, 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...”

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.