



HOLIDAY TRAUMA PLAN

Why do we need a Holiday Trauma Plan?

For many of us, our ability to enjoy the Holiday Season can be significantly compromised by a legacy of abuse. Statistics show that sexual abuse and assault increase during this time and so there is a greater likelihood that survivors will face recurring triggers that make this time of year especially difficult.

By recognizing the struggles that the Holidays can present, we can take some steps to prepare ourselves. A Trauma Plan helps us to focus on how we will get through the challenges and reassures us by identifying actual things we can do if and when we need to take action to deal with the emotions that can arise when our trauma is triggered

Instructions for use

We suggest that you print out this plan and spend some time thinking about each of the questions before writing in your answers. You should try and provide answers to all of the questions so that you consider all of the ways you can prepare. Once you have filled it in, keep it somewhere where you can read it and, if things do get difficult, you can refer to it to remind yourself that you can get through what may seem to be overwhelming emotions.

1. WHO ARE THE PEOPLE I CAN REACH OUT TO IF I NEED TO?

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

2. WHAT CAN I PLAN TO GET DONE AHEAD OF TIME?

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

3. WHAT GROUNDING TECHNIQUES WORK FOR ME?

Techniques that tend to work well that I can use often during the holidays

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4. **HOW HAVE I CHANGED IN THE PAST YEAR?**

Positive ways I've changed since last Holiday Season, and visual passage-of-time reminders

5. **WHAT SELF CARE ACTIVITIES CAN I ADD IN?**

Basic self care steps I can do so I have a more solid foundation to stand on

6. **WHAT STRESSORS CAN I AVOID?**

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

7. **WHAT POSITIVE ACTIVITIES CAN I ADD ON?**

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

8. **WHAT WILL I DO IF IT GETS REALLY BAD?**

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



When things are challenging, remember you are not the feelings and emotions. They are just a reaction to the situation, so accept them and try to find the root source and ease that pain - The core essence of you is a beautiful, unique, authentic spirit and you are worthy of everything in life.

- Nanette Mathews