



Coping With Trauma And Traumatic Events

Workbook

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Coping With Trauma Exercises

Exercise 1: Self-Care

You perform actions and activities daily. Some of those can be classified as nurturing, such as eating well, engaging in hobbies, socializing, etc. While others are considered self-defeating (they deplete you or perpetuate a low mood), such as looking after everyone else, obsessing about the past, spending too much time watching or reading the news, etc.

Use the table below to categorize your daily activities and determine whether they nurture you or deplete you.

Once you have you can focus on reducing the tasks that deplete you or learning how to mitigate the stress they cause you. It's all about striking a healthy balance.

Activity	Nurturing	Depleting

Exercise 2: Calming Techniques

Trauma often results in painful flashbacks as well as anxiety. A grounding technique can help you control the symptoms by refocusing your attention on the here and now. While you might not be experiencing this problem right now, I want you to complete the technique as though you are.

Name 5 things that you can see

- 1.
- 2.
- 3.
- 4.
- 5.

Name 4 things that you can feel

- 1.
- 2.
- 3.
- 4.

Name 3 things that you can hear

- 1.
- 2.
- 3.

Name 2 things that you can smell

- 1.
- 2.

Name 1 thing that you can taste

- 1.

Exercise 3: Self-Monitoring

Self-monitoring is a bit like self-awareness in action. In this case, it's about paying attention to what you're doing and what it is that distracts you.

Use the form below to keep a checklist noting how long tasks take you and what type of interruptions you face or distractions you fall for.

Task	Time Taken to Complete	Distractions	Interruptions

Exercise 4: Social Support

Social support is the assistance your friends, family, and community provide you. It can meet your social and emotional needs, and sometimes influence your physical needs, too. It's important that you know who you can turn to when the going gets tough.

Make a note of three people, communities, or groups who offer you support.

- 1.
- 2.
- 3.

Describe how each of those named above will help, support, or assist you with your needs.

- 1.
- 2.
- 3.

Make a list of obstacles that prevent you from using these support sources.

- 1.
- 2.
- 3.

What steps you can take to utilize your support better?

- 1.
- 2.
- 3.

In what ways could your support help you with a situation you are currently faced with?

- 1.
- 2.
- 3.

Lined writing area consisting of 30 horizontal lines.

Exercise 6: Self-Soothing

Tick any of the activities you believe would be soothing to you when you most need them.

Deep breathing ___

Chewing gum ___

Hard candy ___

Walk in the park ___

Self-massage ___

Wearing a familiar scent ___

Stretching ___

Sipping on a soothing beverage (preferably non-alcoholic and decaffeinated) ___

Sunbathing ___

Other options (list below):

When you are faced with a potentially upsetting situation, what proactive measures might work to soothe you?

A warm shower/bath ___

A massage ___

Comfortable clothing ___

A favorite snack or meal ___

Scented candles ___

Calming music ___

Other options (list below):

Which of the following tasks will help you personally develop self-soothing as a healthy habit?

Looking after a pet ___

Baking ___

Cooking ___

Meditating ___

Reading ___

A hobby ___

Gardening ___

Use the table below to list the activities from above that you would like to try and then rate each of them based on their effectiveness.

Use a scale of 1-5, with 1 being entirely ineffective and 5 being incredibly effective.

Activity	Success Rating (1–5)	Notes

Exercise 7: Support Group

This isn't a workbook activity, this is a take action activity. Use the <https://www.mhanational.org/find-support-groups> to find a support group in your local area and reach out to join. If you're not quite ready for this step, look for an online community to join which offers the same type of support.

Exercise 8: Behavioral Activation

This is a skill that is often used in Cognitive Behavioral Therapy, but it can be used as a standalone treatment. It simply helps you understand how your behaviors are influencing your emotions. It's a good fit for you if you have an idea behind what triggers your anxiety or moods, if you are struggling with meaning, you struggle to cope with negative thoughts or have a difficult time figuring out what you enjoy.

Come to grips with your vicious cycles by identifying events, emotions, and your response to them

What Happened? (Life events and triggers)	How Do You Feel? (The symptoms)	What Do You Do? (or what you <i>don't</i> do)

Exercise 9: One Day at a Time

How happy are you *right now*?

Rate your happiness using a scale of 1 (no happiness) to 10 (extreme happiness).

My happiness rating ___

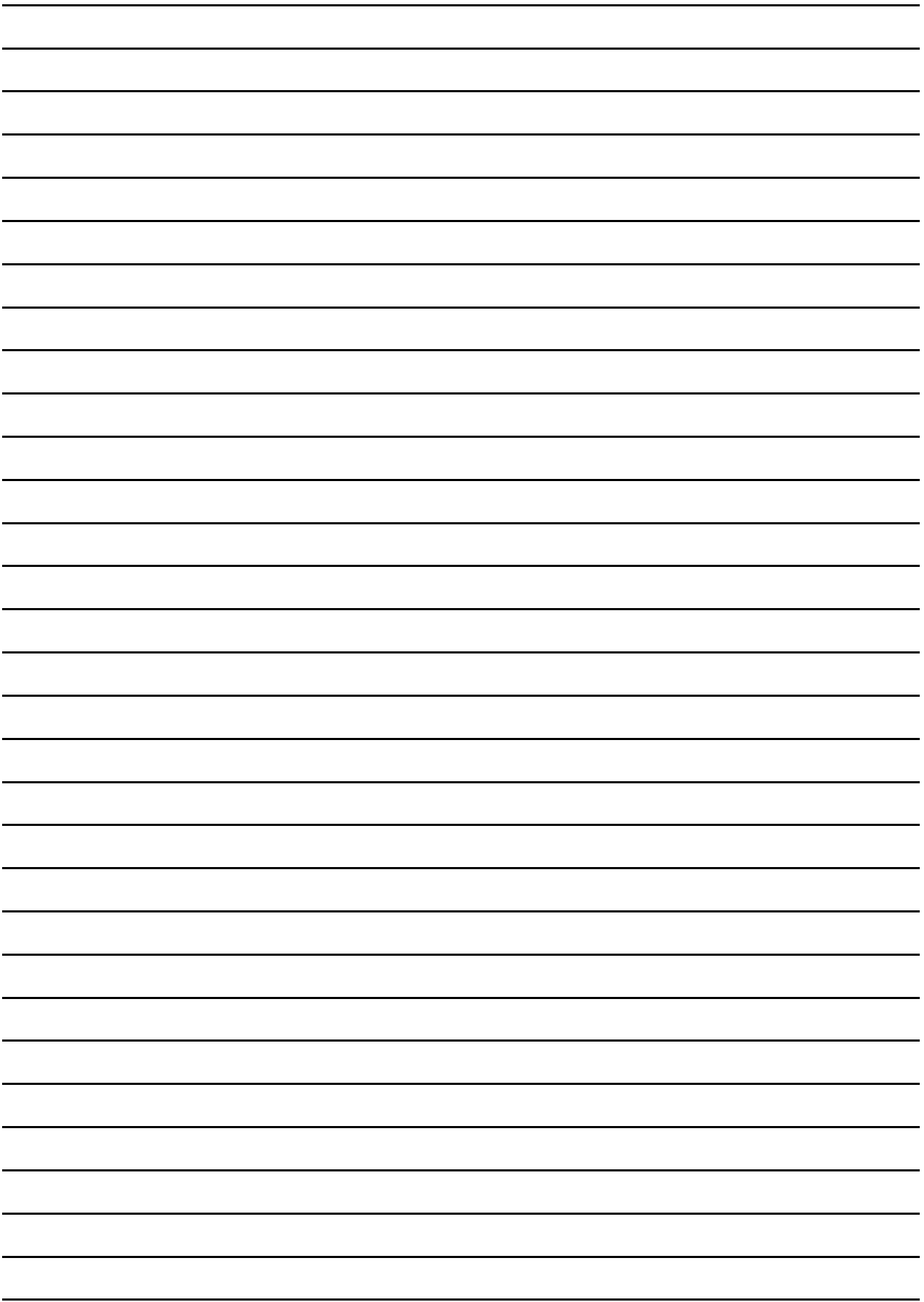
What does happiness mean to you? Use the space below to explain

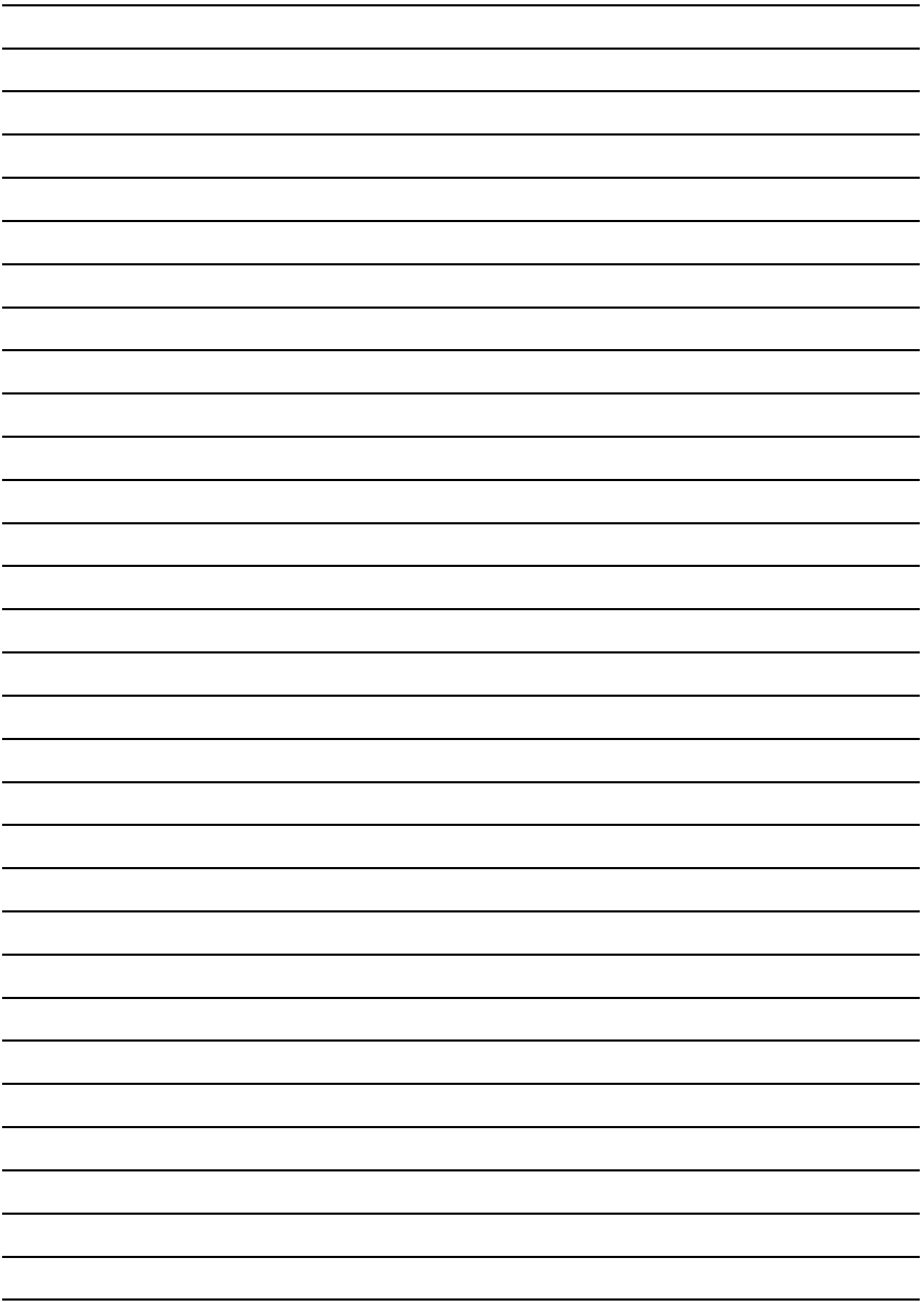
A series of horizontal lines for writing, arranged in 22 rows.

Think about the specific things in your life that bring you happiness, whether it's an activity, a person, place, or thing. Make a list of them below.

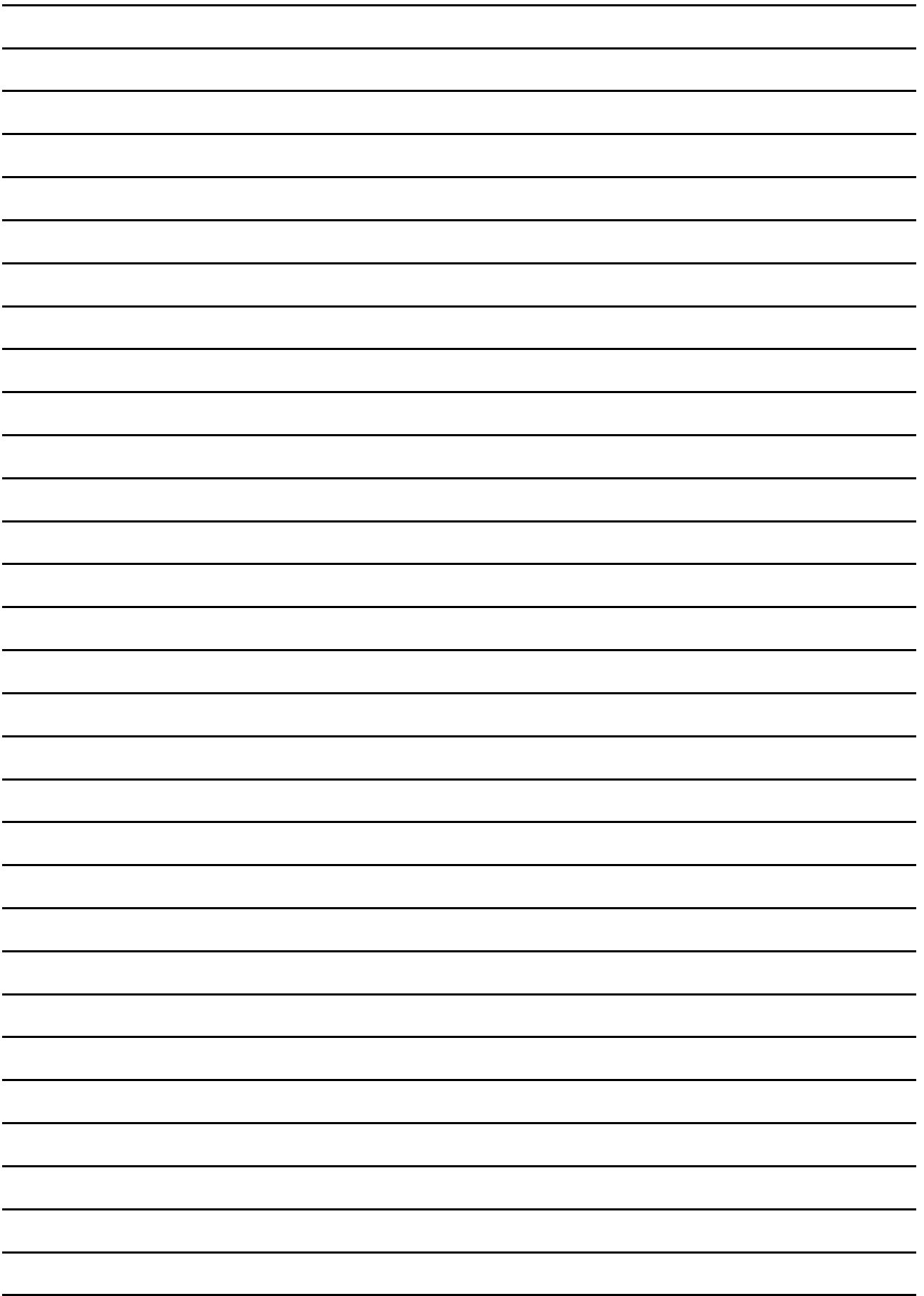
The Happiness	How often I enjoy this	How I can do it more

You can only live one day at a time so it's important that you make the most of every day you are gifted. Use the table above to ensure that you make plenty of time to enjoy the happiness in yours.





A series of 30 horizontal lines for writing or drawing.



Lined paper template with 26 horizontal lines.

