

Current Reactions

Reactions to a disaster are normal. One's reaction can be experienced in many different ways. Identifying and continued monitoring of reactions can help identify one's personal needs for support and self-care.

Behavioral

Physiological

Emotional

Cognitive

Triggers

Behavioral, physiological, emotional & cognitive reactions following a reminder of the traumatic event (Visual, Scent, Auditory, Anniversary Dates, Time of day, Weather, etc.).

Possible Personal Triggers

- 1.
- 2.
- 3.

Warning Signs

Although many reactions are normal, you will need to continue monitoring reactions for warning signs and seek additional support when needed.

- 1.
- 2.
- 3.

Daily Planner

Day:

Today's Practical Goals:

- 1.
- 2.
- 3.

Today's Self-Care Goals:

- 1.
- 2.
- 3.

Today's Support Outreach Goals:

- 1.
- 2.
- 3.

Disaster Distress Helpline

PHONE: 1-800-985-5990 TEXT: "TalkWithUs" to 66746

California



Helping
Outreach
Possibilities
Empowerment

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Wellness &
Recovery
Plan

If you or someone you know is
in need of support, please
contact: (805) 833-9495
hopeventuracounty@gmail.com
www.facebook.com/hopeofvc/

Identifying Community Supports

Identifying and maintaining networks of community support is important to one's wellness and recovery process.

Family & Friends

- 1.
- 2.
- 3.

Community Networks

- 1.
- 2.
- 3.

Faith-Based

- 1.
- 2.
- 3.

Other

- 1.
- 2.
- 3.

Notes:

Coping Skills

Identifying and maintaining healthy coping skills is important to one's wellness and recovery process.

Current Coping Skills

- 1.
- 2.
- 3.

Coping Skills That Worked in the Past

- 1.
- 2.
- 3.

Coping Skills to Develop or Try

- 1.
- 2.
- 3.

How Others Can Support Me & How I Can Support Others

- 1.
- 2.
- 3.

Practical Goals

Identifying and completing practical goals that are realistic and reduce feelings of being overwhelmed are important to one's wellness and recovery process. Encourage the support of others when needed to complete goals.

Current Needs

- 1.
- 2.
- 3.

Current Goals

- 1.
- 2.
- 3.

Resources

Goal #1

- 1.
- 2.
- 3.

Goal #2

- 1.
- 2.
- 3.

Goal #3

- 1.
- 2.
- 3.