



Free Trauma Worksheet

- **Know your triggers:**

Learn and get to know about what makes you react emotionally and lose control. Knowing is the first step towards recovery.

- **Deep Breathing Exercises**

Using relaxation exercises can be an effective way to reduce your stress and anxiety. Focus on your breathing and do different deep breathing exercises.

- **Get away:**

Try to move away from the places, situations, and things that make you react emotionally or lose control. Purposeful use of distraction techniques can be of benefit in coping with emotions that are strong and feel uncomfortable, such as anxiety and fear. Distraction is anything you do to temporarily take your attention off of strong emotion.

- **Seek Social Support**

Finding support from others can be a major factor in helping people overcome the negative effects of a traumatic event and PTSD. Having someone you trust that you can talk to can be very helpful for working through stressful situations or for emotional validation.

- **Avoid alcohol and drugs.**

When struggling with difficult emotions and traumatic memories, you may be tempted to self-medicate with alcohol or drugs. But substance use worsens many symptoms of PTSD, interferes with treatment, and can add to problems in your relationships.

- **Connect with nature**

Anyone with PTSD can benefit from the relaxation, seclusion, and peace of being out in nature. Seek out local organisations that offer outdoor recreation or team-building opportunities.

- **Mindfulness**

Mindfulness is about being in touch with and aware of the present moment. So often in our lives, we are stuck in our heads, caught up in the anxiety and worries of daily life. Mindfulness can help you get out of your head and be in touch with the present moment.

- **Adopt a healthy lifestyle**

Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day.

- **Get enough sleep**

Sleep deprivation can trigger anger, irritability, and moodiness. Aim for somewhere between 7 to 9 hours of sleep each night.

- **Exercise regularly**

Doing exercise daily can help you to reduce stress and feel good.

- **Get to know PTSD**

Getting aware of PTSD is the first step to coping with it. Learning properly about PTSD and trauma can help you overcome it so that you feel that you are not alone. It will also help you know how the journey will be for you.

References

[Cherewick, M., Kohli, A., Remy, M.M. et al. \(2015\). Coping among trauma-affected youth: a qualitative study. *Confl Health* 9, 35. <https://doi.org/10.1186/s13031-015-0062-5>](https://doi.org/10.1186/s13031-015-0062-5)

[Greenberg, T. M. \(2022\). *The Complex PTSD Coping Skills Workbook: An Evidence-Based Approach to Manage Fear and Anger, Build Confidence, and Reclaim Your Identity*. United Kingdom: New Harbinger Publications.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.