



Wellness Plan



I KNOW I'M TRIGGERED
WHEN....

COPING SKILLS I CAN USE

WAYS I CAN DISTRACT MYSELF

SAFE PEOPLE I CAN
REACH OUT TO

.....

.....

.....

WAYS TO KEEP MYSELF & MY SPACE SAFE

.....

.....

.....

OTHER RESOURCES I CAN ACCESS FOR CARE

☐

☐





BREATHING TECHNIQUE

4-7-8

This technique is commonly used to reduce anxiety and stress and help people relax before sleep.

Be conscious of how the air fills your lungs and diaphragm, how the air feels at inhale and how it has changed when you exhale.

This technique offers the best benefits when practiced daily.



HOW TO DO IT:

- 1. Empty lungs completely**
- 2. Breathe in through your nose for a count of 4**
- 3. Hold for a count of 7**
- 4. Release forcefully through pressed lips for a count of 8**
- 5. Repeat 4 times**

BE KIND to YOURSELF

by KRISTIN NEFF



RESEARCH
AND MORE
RESEARCH



self-compassion

A HAPPY LIFE

SELF-COMPASSION
A SOURCE of STRENGTH
and RESILIENCE

1 SELF KINDNESS



WE ARE AS CARING
TOWARD OURSELVES
AS WE ARE TOWARD
OTHERS

2 RECOGNIZING OUR COMMON HUMANITY



SHARED HUMAN
EXPERIENCE

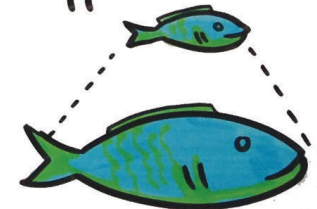
3 MINDFULNESS

BEING OPEN TO THE
REALITY OF THE
PRESENT MOMENT



YOU ARE
HERE

ACKNOWLEDGE
OUR SUFFERING
WITHOUT
EXAGGERATING
IT



MOMENT
of CONNECTION
WITH OTHERS



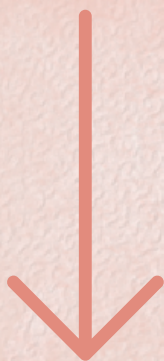
THREAT / TRAUMA-BASED MINDSET

FIGHT



irritable, angry,
violence/physical
aggression,
defensive, yelling,
oppositional

FLIGHT



panic,
can't stay still,
anxiety,
overthinking

FREEZE



depression,
dissociation,
numbness,
isolation

FAWN



performative,
no boundaries,
lack of identity,
people-pleasing

HOSPICE SIMCOE

www.hospicesimcoe.ca

RESIDENCE

336 Penetanguishene Road,
Barrie, ON L4M 7C2
705-722-5995

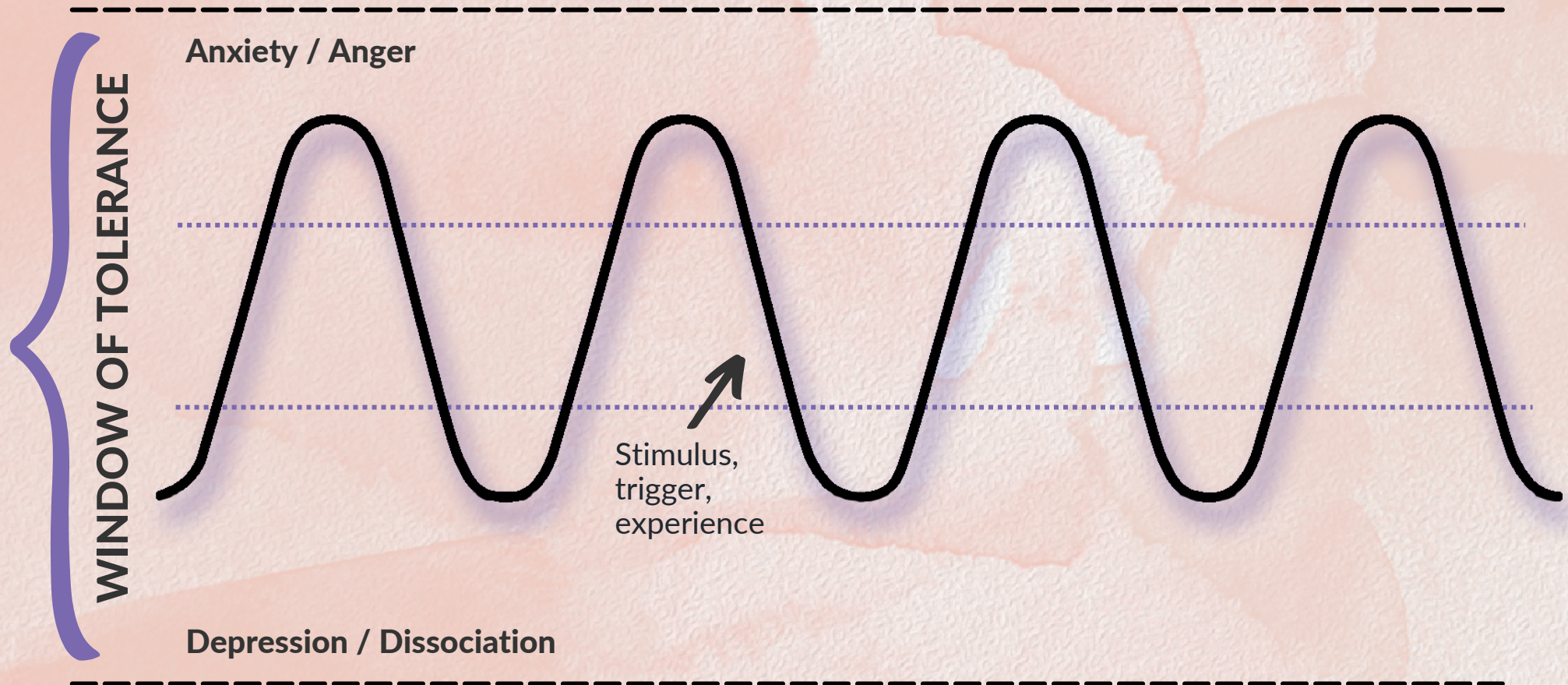
COMMUNITY SUPPORT PROGRAMS

130 Bell Farm Road, Unit 1
Barrie, ON L4M 6J4
705-725-1140




FIGHT / FLIGHT RESPONSE

NERVOUS SYSTEM BOUNDARIES



FREEZE / FAWN RESPONSE

- We regulate  with coping strategies
- After trauma, our window of tolerance shrinks (.....) which means our nervous system activates Fight/Flight or Freeze/Fawn to smaller, less intense stimuli