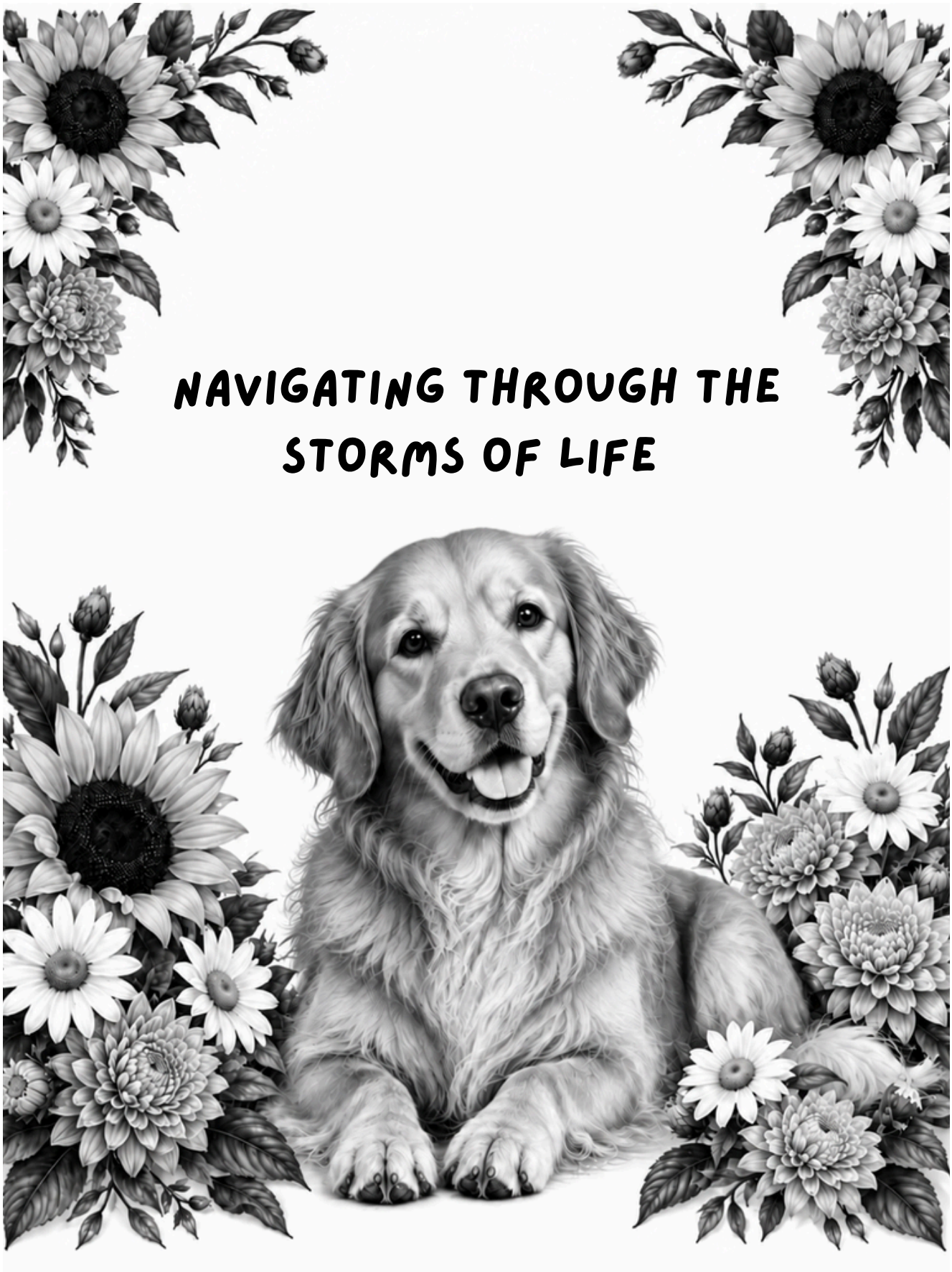
NAVIGATING THROUGH THE STORMS OF LIFE



http://shieldmentalhealth.co.za

THE STORMS OF LIFE

Circle the storms You are facing

LOSS

BREAK-UP/DIVORCE

BURNOUT

TRAUMA

BULLYING

ADDICTION

DIAGNOSIS

ADAPTING TO A NEW ENVIRONMENT OR LIFE

ILLNESS

INJUSTICE

BETRAYAL

FALS ACCUSATIONS

DISCRIMINATION

LONELINESS

Daily Emotional Check-In

Date: _____

Right Now I Feel:

_____

_____

Emotion Intensity 1 to 10:

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

1 2 3 4 5 6 7 8 9 10



What I Notice in My Body:

_____

_____

_____



What May Be Affecting Me:

_____

_____

_____



What I Need:

_____

_____



One Kind Thing I Can Do for Myself:

_____

_____

Sleep Tracker

DATE	BEDTIME	WAKE TIME	HOURS SLEPT	SLEEP QUALITY	NIGHT WAKING	DREAMS NOTES	HOW I FELT IN THE MORNING

Triggers & Warning Signs

SITUATION / TRIGGER	WHAT I NOTICE	THOUGHTS	FEELINGS	BODY SIGNALS	WHAT HELPS	WHO I CAN CONTACT

☆ **Note:** You may skip anything you do not want to answer.

PREVENTING PANIC ATTACKS, SHUTTING DOWN AND ANGER OUTBURST

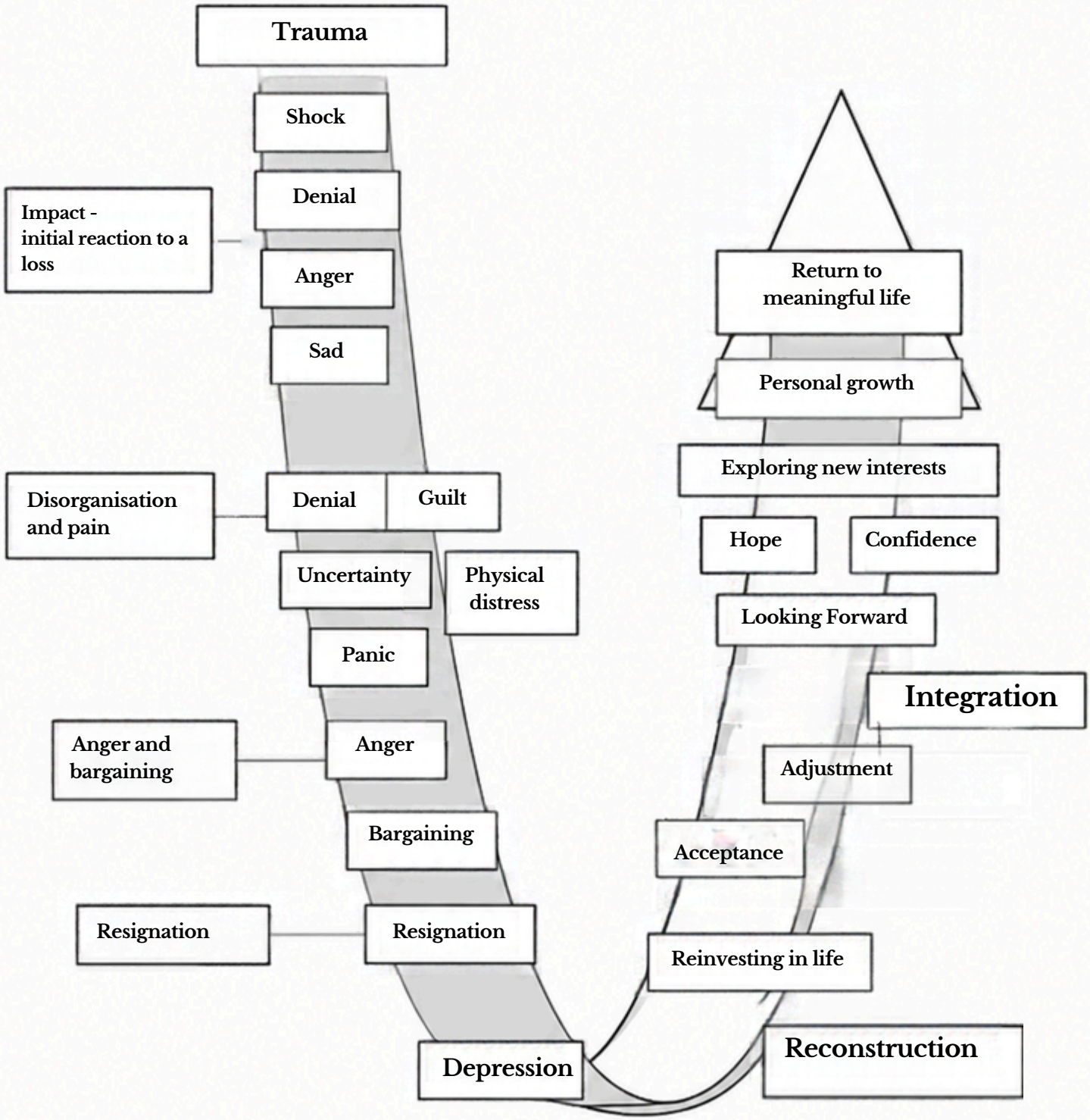


LIST INCIDENTS OF TRAUMA AND FEELINGS

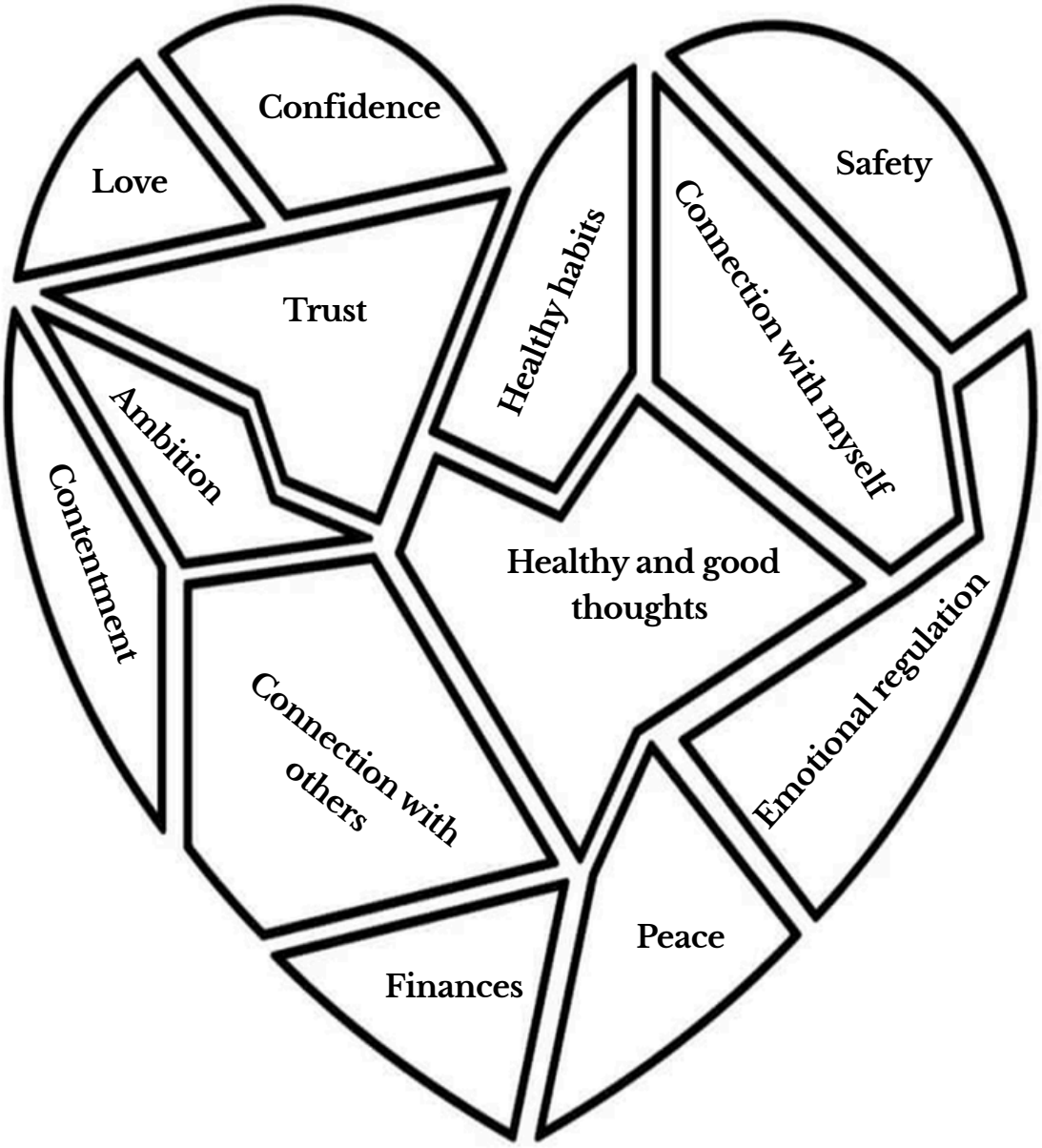
The traumatic incident:	**My main feelings:**
The traumatic incident:	**My main feelings:**
The traumatic incident:	**My main feelings:**
The traumatic incident:	**My main feelings:**
The traumatic incident:	**My main feelings:**
The traumatic incident:	**My main feelings:**

WORK THROUGH THE TRAUMA

WRITE DOWN EACH STAGE AND REFLECT ON IT



COLOUR- IN THE PATTERNS THAT NEEDS RESTORATION

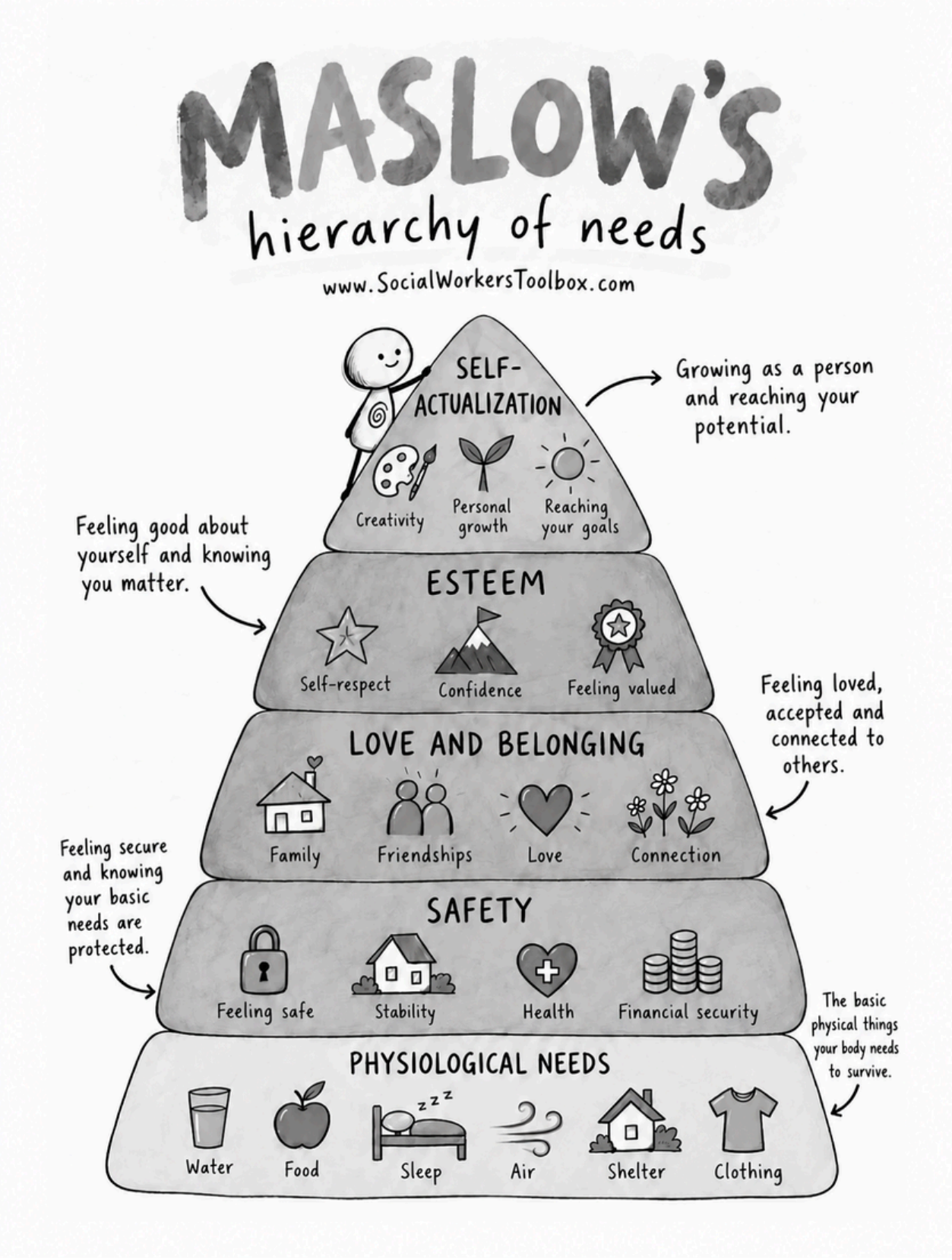


Get creative and change the patterns

The pattern that needs restoration such as trust:	Ideas to heal:
The pattern that needs restoration such as feeling safe:	Ideas to heal:
The pattern that needs restoration such as restoring connection with myself:	Ideas to heal:
The pattern that needs restoration such as restoring healthy thoughts:	Ideas to heal:
The pattern that needs restoration such as restoring emotional regulation:	Ideas to heal:
The pattern that needs restoration such as to feel contentment.	Ideas to heal:

MASLOW MODEL

MY NEW BEGINNING



My Recovery Goals

What I Am Working Toward

Why This Matters to Me

Small First Step

Support I May Need

How I Will Recognize Progress

Reminder: ♡ *Use what helps. Skip what doesn't.*
Come back when you're ready.



Today, I'm letting go...

I release what I cannot control.
I release fear and doubt.
I release negative self-talk.
I release the need to please everyone.
I release comparison.
I release old grudges.
I release the weight of my past.
I release guilt over old mistakes.
I release habits that hold me back.
I release excuses.
I release the need to have it all figured out.
I release what keeps stealing my peace.
I give myself room to heal.
I give myself permission to grow.
I trust God with what comes next.

I welcome peace. I welcome change.

Here's to a new chapter...

Grateful *Moments*



Beginning My Journey

Every journey begins with one step.

Where I am today

What I hope to change

What I want to build

Habit Tracker

Month: _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Things That Bring Me Joy

Small Joys

People

Activities

Places

Music



Creativity



Nature

Things I Want to Try



Joy I Want More Of

Things That Help Me Feel Safe

Places _____

_____

People _____

_____

Routines _____

_____

Objects _____

_____

Boundaries _____

_____

Words / Reminders _____

_____

Sensory Comforts _____

_____

Other _____

_____

Daily Routine — Just for Today

Morning	Afternoon	Evening
Must Do	Must Do	Must Do
Would Help	Would Help	Would Help
Can Wait	Can Wait	Can Wait
One Thing for Me	One Thing / for Me	One Thing for Me