



Moving forward from interpersonal trauma

Getting Safe

It is very difficult to make a good recovery if you are not safe. This week the course is talked about building safety from others and yourself. A safety plan is on the next page. Please ask if you need any support to develop this.

Getting Started

This is about the small steps that you can take that we know increases the chance of recovery from the effects of abuse and trauma. Think about what will suit you and what you need. But some ideas are

- ✓ Every day do something that you like
- ✓ Move about more. Any amount, just a bit more than usual (assuming you are not a marathon runner already)
- ✓ Give yourself some good fuel. Eating better improves health and mental health. Small changes are enough to start with.
- ✓ Cut down caffeine. Hot (coffee, tea) or cold (coke, Irn-Bru) caffeine can make you more anxious and your sleep more difficult.
- ✓ Alcohol- keep it moderate and safe- we will talk more about again
- ✓ Take care of your health. If there is something that is niggling you, try to make an appointment to see someone that might help. Get support if you need to.
- ✓ Think about your social network. Good social support is key to recovery. Do you need to think about building this or reconsidering relationships which seem unsafe or draining?
- ✓ Although you might not always believe this, try to remind yourself about what you are learning on the course and that you deserve this.

Preparation

What makes me unsafe?

What can I plan to do?

Getting Started

This week I try to do...

However, I will remember small steps

Skills Practice: choose any of the skills you have been taught that you like

Mon Tues Wed Thurs Fri Sat Sun

Practiced

Comments

Remembering the 3 Ps- Preparation, Practice and Patience
