

From Chaos to Calm

CHECKLIST

7 steps for rebuilding after
trauma

- ☐ Reclaim your mornings; gentle wake up, simple routine for the day
- ☐ Create time for 15 mins of exercise to start- do more only if you feel you can
- ☐ Grounding practice (5 mins of deep breathing/ technique of your choice) *see resources to learn about grounding*
- ☐ Identify One safe person or safe space per day
- ☐ Reduce sensory overload for 30 mins/ day
- ☐ Start a journal
- ☐ End the day writi 2 things that went well.



Encouragement when You're Struggling

Gentle reminders for those
tougher than usual days

You are not broken — your body is protecting you
the only way it knows how.

This moment too will pass.

One small action is enough today

Healing is not about doing more — it's about doing
what's gentle and true for you.

You're not alone. Others have been here and have
found their way back. You will too.

Break the Freeze

CHECKLIST

10 Gentle steps to break a freeze state

- ☐ Get up slowly and go and put the kettle on
- ☐ Make a warm drink (tea, herbal infusion, or warm milk — something soothing).
- ☐ Light a candle or turn on a soft lamp.
- ☐ Do a grounding breath: Inhale for 4, hold for 4, exhale slowly for 6. Repeat gently.
- ☐ Use your senses:
 - Name 3 things you can see
 - 2 things you can touch
 - 1 thing you can hear
- ☐ Wrap yourself in a soft blanket or shawl.
- ☐ Put both feet flat on the floor and press down gently. Feel the ground holding you.
- ☐ Do a few shoulder rolls or neck stretches, even just for 2 minutes.
- ☐ Place a hand over your heart and say:
“I am safe in this moment. I am allowed to rest.”
- ☐ Try 5–10 minutes of gentle movement (e.g. bedtime stretching, swaying, or just slow walking).