

Action Plan

Create your own Plan to Cope with Trauma

Write down the top 5 skills you will use to cope with trauma:

1. _____
2. _____
3. _____
4. _____
5. _____

List 3 people you will speak to when you feel nervous, anxious, or worried:

1. _____
2. _____
3. _____

*Barbers and stylists are trusted members of the Black community who provide a sacred space where their clients often share successes and stresses, including stories related to mental health. **Project HairCare** is focused on expanding these stories in the shops and the community by providing tools and resources to increase awareness, education, and understanding about mental health and wellness.*

To contact **Project HairCare** and get resources, please call 800-209-3569 or scan the QR code



Moving Forward After Trauma



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What is Posttraumatic Stress Disorder (PTSD)?

- Posttraumatic Stress Disorder (PTSD) consists of physical and emotional symptoms that occur after someone has experienced or witnessed a frightening or life-threatening event (example: rape, assault, abuse, combat, or a serious accident).

How do you know if you might have (PTSD)?

Some symptoms of PTSD include:

- Often irritable or angry
- Trouble sleeping
- Constantly feel on guard, uneasy being around crowds, or startled easily
- Have flashbacks or nightmares about what happened
- Think about the trauma even when you don't want to
- Feel physically ill when reminded of the event
- Avoid places, thoughts, feelings or things that remind you of the event
- Feeling isolated

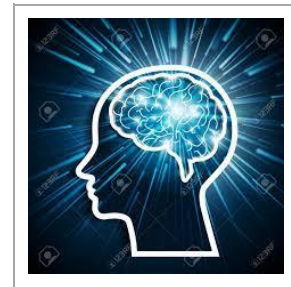
How to help yourself, family or a friend who has PTSD?

- Getting help as soon as possible is important for preventing symptoms from getting worse.
- It is helpful for a person who is suffering to know they are not alone and they are not to blame for what happened to them.
- Learn skills to calm your physical and emotional reactions to trauma.
- Talk to someone you trust (a faith leader, friend, or family).
- Don't wait to get help from a medical provider or therapist. If you have thoughts about death or dying get help right away:
 - Go to an emergency room
 - Call or text 988 to reach the suicide and crisis lifeline

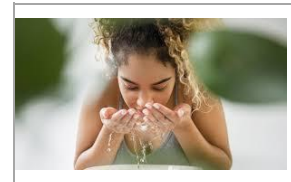
Tips: How to Cope with Trauma



Grounding Techniques. They can help you to stay present in the moment. This is especially helpful when having flashbacks or intrusive memories. **Try it: 5 Senses.** Take 5 deep breaths, look around – name **5** things you can see, **4** things you can hear, **3** things you can feel, **2** things you can smell, **1** thing you can taste.



Activate your brain to make feel good hormones by exercising. People feel some relief from anxiety and depression by going on a brisk walk for as little as 10 minutes. **Try it:** Go for a brisk walk, run, garden, dance, or do anything that gets your heart rate up.



Use Distractions. Quick distractions can get you through anxious and irritable moments. **Try it:** Hold ice in your hands while taking deep breaths; hold an item that comforts you and describe it in detail; visualize a safe or comforting place.



Don't wait to get help. PTSD symptoms can be treated. Seeking treatment can feel scary for some, but avoiding the trauma will only work temporarily. Getting professional help will prevent symptoms from getting worse and is more beneficial in the long run.