

# Healing Plan After COVID-19



After experiencing trauma or a loss, it is necessary to allow yourself to heal in your way and time. People often have unique ways of expressing emotions: for example, some might express their feelings by doing things rather than talking about them, like going on a walk or painting. For others, it may be more helpful to talk about a traumatic experience, a loss of a loved one, or a major change with family, friends, or a counselor.

This healing plan is to help self reflect on your mental well-being and learn how to cope after a traumatic experience.



# What can I do to help me move forward after a crisis?

**What do I think is the best way to express what I'm feeling?**

**What healthy changes in my daily life can I do to help me cope?**

**What is something I've learn from my experience?**

**What safe places can I go to when I am feeling down?**

# Who Can I Reach Out To:



**My Key Person I can trust:**

**Supportive Family:**

**Supportive Friends:**

**Professional Help:**

**Help line support or  
Online crisis chat:**

**Peers or Community members who  
can relate to my experience:**

# Positive Self-Talk Reminder



**I am capable...**

**I am healing...**

**I am thankful...**

**I deserve...**

**I am worthy of...**

**I love...**

**I will...**

# What matters to me most:



**People In my life:**

**Personal Values & Beliefs, Spiritual Beliefs:**

**The memories:**

**Things I'd like to do:**

**Other:**

## COVID-19 HEALING PLAN:

# Coping with My Senses

Since the beginning of COVID-19, we had to stop doing many things we loved to do.

As we begin to pick up the pieces, think of all the ways you would like to engage your senses to help you cope in this healing process.

**See:**

**Feel/Touch:**

**Hear:**

**Taste:**

**Smell:**