

## **Notes from filming at White River VA-February 5, 2008**

### **Wellness Tools**

Go fishing

Shut down and think, what to do and what not to do

Get into a good book

Drawing

Focus on something other than negatives

Be aware of where I am mentally

Music

Kick back and watch the news rather than reading about it

Avoid the news

Taking care of my horses

Keep my hands busy

Go outside

Go into town

Make a to-do list

Helping other people who are having a hard time

Being around people you know can understand

Play with photos of family members and friends for fun (on the computer  
with Photo Booth)

Not writing a journal

Call a friend

Do peer support

Quiet, silence

### **What I am like when I am well**

Caring

Good sense of humor

Energy

Responsible

Interacting with other people

Regularly take care of personal hygiene

Wear better clothes

### **Things I need to do every day**

Don't worry about today-or next week

Live for today

Take medicine

Do something for myself

Go to a group

Stretching

Read a book

### **Things I might need to do on a particular day**

Take personal time

Go outside, get sun on my face

Get vehicles serviced

Get animal feed

Get a hair cut

Take care of fishing gear

Back up the computer

## **Triggers**

Loud sounds

Going back

Loud, threatening, controlling people

People treating me like I don't count, like my opinion isn't important

Crowds

Bloody scenes

Certain ethnic races

Hearing certain accents or language

Sirens, ambulances

People avoiding me

News

Being around people

Hearing a door slam

People approaching quickly

Movies reminders seen on the news

## **Triggers Action Plan**

Self talk

Breathing exercises

Get myself grounded-know it's just a flashback

Journaling

Ask for help

Call friend or supporter

Leave an uncomfortable situation

Shut down, don't say a word

Catch my breath

Focus on something pleasurable

Figure out why I was triggered

“It won’t last forever”

“This too shall pass”

### **Early Warning Signs**

Start to isolate

Feel overwhelmed

Tunnel vision

Can’t hear too much or focus

Lack of motivation

Increased irritability

“”Nobody else cares” “why bother” stage

“Stinkin thinking”

Using more caffeine

Increase in smoking

Doing “what if” in my head

Thinking about drinking or using

Overeating or undereating

### **Early Warning signs action plan**

Groups at VA

Tell myself “winners never quit, quitters never win”

“What is try? You just do it or you don’t do it

go to Vet to Vet meeting

prioritize

go to a 12 step meeting

## Daily Maintenance Plan

Call someone to talk

Peer support

Talk to my partner

Let my care provider know that I am experiencing early warning signs

Write in my journal-conversation with myself, can use this to explain what is going on

## **Signs that things are breaking down**

Start to get irritable and could get abusive

Racing thoughts

Days without sleep

Can't shut down

Thoughts of self harm

Obsessed with negative thoughts

Thoughts of running

Spending excessive \$

-anger-if I can't catch it, it escalates

doing mental damage to my family

irrational responses to others

trying to get others pissed off so they leave

## **Things are breaking down action plan**

Give partner car keys, check book, credit cards

Let someone know I need help and accepting the help

Sit down and tell my family-"things are breaking down"

Ravi-listen to music

Find a small project I can finish

Get back to my routine-check Daily Maintenance

Take a break from what is flipping me out

Go out in the woods

Go to a safe place

Self-hypnosis

Meditation

Visualizations

Read

Physical and mental work

### **Signs that others need to take over for me**

Being very verbally abusive to others for 24 hours-I am out of touch

Won't talk at all-for a few days

Isolating, pissed off at the world

Could care less what anyone thinks

Find fault with everything

Sleep a lot-all day and night

Total loss of motivation

Won't eat for days

Won't do anything, then beat myself up for it

Stop coming to groups

### **Help from others**

Talk me down, calm me, explain the situation to me

“These things you are upset about are not real...”

listen to me

be with me, even if I tell you to leave

advocate for my sons, so I stay in the area and work with them

food shopping and food preparation

bag of potato chips

hamburger

Cherry Garcia, Moosetracks

House cleaning, laundry, vehicle maintenance

Pay bills