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Mental Health & Wellbeing

Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general mental health information, self-help guidance and wellbeing activities.

The information in this workbook is for educational and self-help purposes only. It is not a substitute for professional medical advice, diagnosis or treatment.

This workbook is designed to support people who have experienced trauma or who are living with PTSD symptoms. It is not intended to diagnose PTSD or replace professional trauma-focused care.

If your symptoms are severe, worsening, or causing significant distress, please speak with your GP or another qualified healthcare professional. If you are in immediate danger or at risk of harming yourself or someone else, contact your local emergency services immediately.

Please complete this workbook at your own pace. If any activity feels overwhelming, it is okay to pause and return when you feel ready.

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PAGE 1 – Understanding PTSD

 What is PTSD?

Post-Traumatic Stress Disorder (PTSD) can develop after experiencing or witnessing a traumatic event.

People with PTSD may experience distressing memories, nightmares, strong emotional reactions, avoidance of reminders, feeling constantly on alert or changes in mood.

Recovery looks different for everyone, and with the right support and coping strategies, many people find ways to manage their symptoms and move forward.

Common PTSD experiences

- ☐ Distressing memories.
- ☐ Nightmares.
- ☐ Feeling constantly alert.
- ☐ Avoiding reminders of the trauma.
- ☐ Difficulty sleeping.
- ☐ Feeling emotionally numb.
- ☐ Feeling anxious or easily startled.
- ☐ Difficulty concentrating.
- ☐ Feeling disconnected from others.
- ☐ Mood changes.

Reflection

Which experiences affect me the most?

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PAGE 2 – My Current Challenges

Trauma can affect many areas of daily life.

Recognising your challenges is the first step towards understanding your needs.

♥ I currently struggle with...

- ☐ Sleep.
- ☐ Flashbacks.
- ☐ Anxiety.
- ☐ Feeling unsafe.
- ☐ Concentration.
- ☐ Relationships.
- ☐ Work or education.
- ☐ Trusting others.
- ☐ Avoiding certain places or situations.
- ☐ Other

♥ My biggest challenge

♥ How does this affect my daily life?

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PAGE 3 – My Safe First Step

Recovery happens one small step at a time.

Choose one gentle action you can take this week to support your wellbeing.

♥ This week I will...

- ☐ Practice slow breathing.
- ☐ Follow a daily routine.
- ☐ Spend time somewhere I feel safe.
- ☐ Talk to someone I trust.
- ☐ Practice grounding techniques.
- ☐ Get enough rest.
- ☐ Spend time outdoors.
- ☐ Be patient with myself.
- ☐ Celebrate small successes.

♥ My first recovery goal

♥ How will this support my recovery?

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PAGE 4 – Understanding My Triggers

Trauma reminders (sometimes called triggers) can bring back difficult emotions, memories or physical sensations.

Triggers are different for everyone.

Learning to recognise them can help you prepare healthy coping strategies.

 My triggers may include...

- ☐ Loud noises.
- ☐ Certain places.
- ☐ Specific smells.
- ☐ Crowded environments.
- ☐ Certain dates or anniversaries.
- ☐ News or social media.
- ☐ Conflict.
- ☐ Feeling out of control.
- ☐ Particular people.
- ☐ Other

♥ One trigger I'd like to understand better

♥ One coping strategy I can use

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PAGE 5 – Grounding in the Present

Grounding techniques can help bring your attention back to the present when memories or emotions become overwhelming.

♥ When I feel overwhelmed, I will...

- ☐ Take five slow breaths.
- ☐ Notice five things I can see.
- ☐ Notice four things I can touch.
- ☐ Notice three things I can hear.
- ☐ Notice two things I can smell.

- ☐ Notice one thing I can taste.
- ☐ Remind myself: "I am safe right now."
- ☐ Focus on my surroundings.

♥ Which grounding technique helps me most?

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PAGE 6 – Building My Safe Space

Having a place or activity that helps you feel calmer can support your recovery.

Your safe space may be real or imagined.

♥ My safe space includes...

- ☐ A quiet room.
- ☐ Nature.
- ☐ Soft music.
- ☐ A favourite blanket.
- ☐ A trusted person.
- ☐ A pet.

- ☐ Reading.
- ☐ Prayer or reflection.
- ☐ Relaxation exercises.
- ☐ Other

♥ What helps me feel safe?

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PAGE 7 – Daily Reflection

Take a few moments to reflect on today.

♥ Today I felt strongest when...

♥ One thing that helped me cope

♥ One thing I'm proud of today

♥ One kind thing I'll do for myself tomorrow

♥ Remember

Recovery from trauma is not about forgetting what happened.

It's about learning ways to feel safer, cope with difficult moments and continue moving forward at your own pace.

Every small step counts.

You deserve patience, compassion and hope as you continue your recovery journey. ♥

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PAGE 8 – Understanding Flashbacks

A flashback can make it feel as though a traumatic event is happening again.

Although flashbacks can feel frightening, they are a symptom of trauma and they will pass.

Learning grounding techniques can help bring your attention back to the present.

♥ When I notice a flashback, I will...

- ☐ Remind myself that I am safe.
- ☐ Take slow, steady breaths.
- ☐ Use my grounding techniques.
- ☐ Look around the room.
- ☐ Focus on what I can see and hear.
- ☐ Hold a comforting object.
- ☐ Speak kindly to myself.
- ☐ Contact someone I trust if needed.

♥ What helps me return to the present?

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PAGE 9 – Looking After My Body

Trauma can affect both the mind and the body.

Looking after your physical wellbeing can support your recovery.

♥ Today I will...

- ☐ Drink enough water.
- ☐ Eat nourishing meals.
- ☐ Get enough rest.
- ☐ Move my body gently.
- ☐ Spend time outdoors.
- ☐ Practice relaxation.
- ☐ Take my medication as prescribed (if applicable).
- ☐ Be patient with myself.
- ☐ Celebrate small achievements.

♥ One healthy habit I'll continue

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PAGE 10 – My Support Network

Recovery doesn't have to happen alone.

Having people you trust can make difficult days feel more manageable.

♥ People who support me

- ☐ Family.
- ☐ Friends.
- ☐ Partner.
- ☐ GP.
- ☐ Therapist or counsellor.
- ☐ Support group.
- ☐ Colleague.
- ☐ Other

 Someone I can reach out to

 How can they support me?

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PAGE 11 – Weekly Reflection

Take a few moments to reflect on your week.

♥ This week I supported my recovery by...

♥ One thing that helped me most

♥ One thing I've learned about myself

♥ My goal for next week

♥ Remember

Healing from trauma is not about rushing or forgetting.

It's about slowly rebuilding a sense of safety, confidence and hope.

Some days will feel harder than others, and that's okay.

Every gentle step you take is a step towards healing. ♥

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PAGE 12 – Managing Difficult Emotions

Trauma can bring a wide range of emotions, including fear, sadness, anger, guilt or shame.

These emotions are common after traumatic experiences and do not mean there is something wrong with you.

Learning to recognise and respond to your emotions with kindness can support your recovery.

♥ Today I'm feeling...

- ☐ Calm.
- ☐ Sad.
- ☐ Anxious.
- ☐ Angry.
- ☐ Frightened.
- ☐ Guilty.
- ☐ Ashamed.
- ☐ Hopeful.
- ☐ Overwhelmed.
- ☐ Other

♥ What might this feeling be trying to tell me?

♥ One kind thing I can do for myself today

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PAGE 13 – Building a Daily Routine

Trauma can make everyday life feel unpredictable.

A simple daily routine can help create a greater sense of stability and safety.

♥ Today I will...

- ☐ Get out of bed at a regular time.
- ☐ Eat regular meals.
- ☐ Drink enough water.
- ☐ Spend a few minutes outside.
- ☐ Move my body gently.
- ☐ Practice grounding.
- ☐ Take regular breaks.
- ☐ Go to bed at a regular time.

♥ One routine I'll build this week

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PAGE 14 – My Recovery Journal

Take a few moments to reflect on today.

♥ Today I coped by...

♥ One challenge I faced

♥ One thing that helped

♥ One thing I'll remember tomorrow

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PAGE 15 – Weekly Reflection

Recovery isn't measured by how quickly you heal.

It's measured by the small steps you continue to take.

♥ This week I made progress by...

♥ One thing I'm proud of

♥ One strength I've discovered

♥ My goal for next week

♥ Remember

Recovery from trauma takes time.

There is no "right" pace.

Be patient with yourself.

Celebrate every small victory.

Ask for support when you need it.

Healing isn't about becoming the person you were before the trauma—it's about building a life where you can feel safe, hopeful and move forward at your own pace. ♥

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PAGE 16 – Understanding Avoidance

After trauma, it's common to avoid people, places, conversations or situations that remind you of what happened.

Avoidance may bring short-term relief, but over time it can make life feel smaller and harder to enjoy.

Recovery often involves taking gentle, manageable steps at your own pace.

♥ I tend to avoid...

☐ Certain places.

☐ Certain people.

☐ Talking about my experiences.

☐ Crowded places.

☐ Driving or travelling.

☐ Watching the news.

☐ Social situations.

☐ Certain sounds or smells.

☐ Other

♥ One small step I could take when I feel ready

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PAGE 17 – Finding Moments of Calm

Even on difficult days, it's important to create small moments where your mind and body can rest.

♥ Today I will...

☐ Practice slow breathing.

- ☐ Sit somewhere peaceful.
- ☐ Listen to calming music.
- ☐ Spend time in nature.
- ☐ Read a book.
- ☐ Stretch gently.
- ☐ Practice mindfulness.
- ☐ Have a warm drink.
- ☐ Spend time with someone I trust.
- ☐ Be kind to myself.

♥ What helps me feel calm?

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PAGE 18 – My Recovery Success Journal

Recovery is built through many small victories.

Take time to notice your progress.

♥ Today I...

- ☐ Used a grounding technique.

- ☐ Asked for support.
- ☐ Managed a difficult emotion.
- ☐ Took care of my wellbeing.
- ☐ Completed my daily routine.
- ☐ Challenged an anxious thought.
- ☐ Took one positive step.
- ☐ Rested when I needed to.
- ☐ Celebrated my progress.

♥ My biggest success today

♥ What helped me today?

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PAGE 19 – Looking Forward

Recovery from trauma takes courage.

Every small step you take helps build confidence and hope.

♥ Looking ahead...

One thing I hope to do again

One strength I'll rely on

My promise to myself

♥ Remember

You are not defined by what happened to you.

You are defined by your courage, your resilience and your willingness to keep moving forward.

Healing takes time, and every step—no matter how small—is meaningful.

There is hope, and you deserve a future where you can feel safe, supported and hopeful again. ♥

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PAGE 20 – Rebuilding Trust

Trauma can make it difficult to trust yourself, other people or the world around you.

Rebuilding trust takes time, and it's okay to do it one small step at a time.

♥ Today I will...

- ☐ Trust my feelings.
- ☐ Listen to my needs.
- ☐ Accept support from someone I trust.
- ☐ Be patient with myself.
- ☐ Set healthy boundaries.
- ☐ Take one small step outside my comfort zone.
- ☐ Celebrate my progress.
- ☐ Remember that healing takes time.

♥ One way I'll build trust this week

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PAGE 21 – Looking After My Wellbeing

Recovery is supported by looking after both your body and your mind.

Small daily habits can make a meaningful difference.

♥ Today I will...

- ☐ Drink enough water.
- ☐ Eat regular meals.
- ☐ Get enough sleep.
- ☐ Spend time outdoors.
- ☐ Move my body gently.
- ☐ Practice relaxation.
- ☐ Connect with someone I trust.
- ☐ Take regular breaks.
- ☐ Be kind to myself.
- ☐ Celebrate small successes.

♥ One healthy habit I'll continue

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PAGE 22 – My Recovery Toolkit

Create a list of coping strategies you can use when symptoms become difficult.

My Recovery Toolkit

- ☐ Slow breathing.
- ☐ Grounding exercises.
- ☐ Going for a walk.
- ☐ Talking to someone I trust.
- ☐ Journaling.
- ☐ Listening to calming music.
- ☐ Spending time in nature.
- ☐ Mindfulness.
- ☐ Reading.
- ☐ Holding a comforting object.
- ☐ Other

My three most helpful coping tools

1.

2.

3.

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PAGE 23 – My Recovery Reflection

Take a moment to recognise your progress.

♥ Since starting this workbook...

I have learned...

I feel stronger because...

One thing I will continue practising...

♥ Remember

Healing from trauma doesn't mean forgetting what happened.

It means learning to feel safe again, building hope and discovering that your life is bigger than your trauma.

Every day you continue your recovery is an act of courage.

You are stronger than your past, and your future can hold hope, healing and new beginnings.



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PAGE 24 – Managing Difficult Memories

Difficult memories may appear unexpectedly.

You cannot always control when they appear, but you can learn healthy ways to respond.

Remember, a memory is not the same as the event happening again.

 When difficult memories appear, I will...

- ☐ Take slow, steady breaths.
- ☐ Use a grounding exercise.
- ☐ Remind myself that I am safe now.
- ☐ Focus on my surroundings.
- ☐ Speak kindly to myself.
- ☐ Reach out to someone I trust if needed.
- ☐ Do something calming afterwards.
- ☐ Allow myself time to recover.

♥ What helps me feel safe again?

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PAGE 25 – Celebrating My Progress

Recovery is made up of many small steps.

Every positive choice deserves recognition.

♥ Today I...

- ☐ Used a coping strategy.
- ☐ Managed a difficult emotion.
- ☐ Asked for support.
- ☐ Took care of my wellbeing.
- ☐ Completed part of my routine.
- ☐ Showed kindness to myself.
- ☐ Took one step outside my comfort zone.
- ☐ Celebrated my progress.
- ☐ Kept moving forward.

♥ My biggest achievement today

♥ How did it make me feel?

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PAGE 26 – My Recovery Plan

Recovery takes time, patience and self-compassion.

Small daily actions can help you continue moving forward.

♥ I will continue to...

- ☐ Practice grounding.
- ☐ Follow a daily routine.
- ☐ Get enough rest.
- ☐ Talk to supportive people.
- ☐ Spend time outdoors.
- ☐ Practice relaxation.
- ☐ Be patient with myself.
- ☐ Celebrate small victories.

☐ Ask for help when I need it.

☐ Keep moving forward.

♥ My recovery goal

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PAGE 27 – Looking Ahead

Healing doesn't mean the past disappears.

It means learning to live with greater confidence, hope and peace.

♥ Looking ahead...

One thing I'm looking forward to

One strength I'll rely on

My message to my future self

♥ Remember

Recovery isn't about being the person you were before trauma.

It's about building a future where you feel safe, supported and able to enjoy life again.

Every small step matters.

Every act of self-care matters.

You have already shown incredible strength, and your recovery journey is one to be proud of. ♥

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PAGE 28 – Reconnecting With Life

Trauma can sometimes make us withdraw from activities and people we once enjoyed.

Recovery includes gently reconnecting with the things that bring meaning, purpose and joy.

Take small steps and go at your own pace.

♥ This week I will...

☐ Spend time with someone I trust.

☐ Go for a short walk.

☐ Enjoy a favourite hobby.

☐ Listen to music.

☐ Spend time in nature.

☐ Read a book.

☐ Practice mindfulness.

☐ Try something new.

☐ Make time to rest.

☐ Celebrate my progress.

♥ One activity I'd like to enjoy again

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PAGE 29 – Recognising My Strengths

Trauma may have changed parts of your life, but it has not taken away your strengths.

Take a moment to recognise the qualities that have helped you keep going.

♥ My strengths include...

☐ Courage.

- ☐ Kindness.
- ☐ Determination.
- ☐ Compassion.
- ☐ Patience.
- ☐ Resilience.
- ☐ Honesty.
- ☐ Hope.
- ☐ Adaptability.
- ☐ Strength.
- ☐ Other

♥ Three strengths I'm proud of

1.

2.

3.

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PAGE 30 – My Recovery Action Plan

Recovery happens through small, consistent actions.

♥ This month I will...

- ☐ Practice grounding every day.
- ☐ Follow a simple routine.
- ☐ Ask for support when needed.
- ☐ Spend time outdoors.
- ☐ Take care of my physical health.
- ☐ Challenge avoidance gently.
- ☐ Practice self-compassion.
- ☐ Celebrate my achievements.
- ☐ Continue learning.
- ☐ Keep moving forward.

♥ My biggest recovery goal

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PAGE 31 – My Recovery Journey

Take time to reflect on your progress.

♥ Looking back...

The biggest thing I've learned is...

The coping skill that has helped me most is...

One thing I'm most proud of is...

♥ Remember

Recovery doesn't happen overnight.

It happens through hundreds of small moments where you choose hope over fear, kindness over self-criticism and healing over giving up.

Your past is one chapter of your story—it does not have to define the chapters still to come.



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Trauma can affect your confidence and sense of safety.

Confidence doesn't return all at once—it grows through small experiences where you discover that you can cope.

♥ Today I choose to...

- ☐ Trust myself.
- ☐ Believe in my strengths.
- ☐ Take one small step outside my comfort zone.
- ☐ Celebrate my progress.
- ☐ Ask for support when I need it.
- ☐ Be patient with myself.
- ☐ Focus on what I can do today.
- ☐ Keep moving forward.

♥ One thing I'm proud of achieving

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Looking after yourself every day supports your recovery and helps build resilience.

♥ This week I will...

- ☐ Get enough sleep.
- ☐ Eat regular, balanced meals.
- ☐ Drink enough water.
- ☐ Spend time outdoors.
- ☐ Move my body gently.
- ☐ Practice relaxation.
- ☐ Stay connected with supportive people.
- ☐ Make time for enjoyable activities.
- ☐ Be kind to myself.
- ☐ Celebrate every success.

♥ One healthy habit I'll continue

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Create a toolkit you can use whenever you need extra support.

My Recovery Toolkit

- ☐ Grounding exercises.
- ☐ Slow breathing.
- ☐ Going for a walk.
- ☐ Talking to someone I trust.
- ☐ Journaling.
- ☐ Listening to calming music.
- ☐ Spending time in nature.
- ☐ Mindfulness.
- ☐ Reading.
- ☐ Holding a comforting object.
- ☐ Other

My three most helpful recovery tools

1.

2.

3.

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PAGE 35 – My PTSD Recovery Journey

Take a moment to recognise your progress.

♥ Looking back...

The biggest thing I've learned is...

The coping strategy that has helped me most is...

One thing I'm most proud of is...

♥ Remember

Recovery isn't about forgetting your experiences.

It's about learning that those experiences no longer have to control your future.

Healing happens one step, one breath and one day at a time.

You are stronger than your trauma, and you deserve a future filled with hope, safety and peace. ❤️

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PAGE 36 – Looking Towards the Future

Trauma may always be part of your story, but it does not have to define your future.

Recovery is about creating a life that feels meaningful, safe and hopeful.

❤️ Today I choose to...

- ☐ Believe in my future.
- ☐ Focus on my strengths.
- ☐ Continue using my coping skills.
- ☐ Accept support when I need it.
- ☐ Be patient with myself.
- ☐ Celebrate every step forward.
- ☐ Trust my ability to heal.
- ☐ Keep moving towards hope.

❤️ One thing I'm looking forward to

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PAGE 37 – My Personal Recovery Promise

Recovery grows through the promises you keep to yourself.

 I promise to...

- ☐ Treat myself with kindness.
- ☐ Practice grounding when needed.
- ☐ Continue building healthy routines.
- ☐ Reach out for support when I need it.
- ☐ Respect my own pace.
- ☐ Celebrate my progress.
- ☐ Believe in my strength.
- ☐ Never give up on my recovery.

 My personal promise

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PAGE 38 – My Wellbeing Plan

Looking after your wellbeing supports your recovery every day.

♥ I will continue to...

- ☐ Get enough sleep.
- ☐ Eat nourishing meals.
- ☐ Drink enough water.
- ☐ Spend time outdoors.
- ☐ Stay active in ways that suit me.
- ☐ Practice relaxation.
- ☐ Stay connected with supportive people.
- ☐ Continue using my recovery toolkit.
- ☐ Be patient with myself.
- ☐ Celebrate every success.

♥ Three things that help me feel safe and calm

1.

2.

3.

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PAGE 39 – Congratulations

♥ You Have Completed the PTSD Recovery Workbook

Congratulations on completing this workbook.

Every page you've completed has helped you better understand trauma, recognise your strengths and develop practical strategies to support your recovery.

Remember:

♥ Healing takes time.

♥ Your reactions are understandable after trauma.

♥ Small steps lead to meaningful progress.

♥ Asking for help is a sign of strength.

♥ You deserve safety, hope and peace.

♥ My Commitment

From today I promise to...

Name

Date

Signature (Optional)

♥ Final Reminder

This workbook is designed as a self-help resource to support your mental wellbeing. It is not a substitute for professional medical advice, diagnosis or treatment. If trauma symptoms are becoming overwhelming or significantly affecting your daily life, please speak with your GP or another qualified healthcare professional. If you ever feel at immediate risk, contact your local emergency services or an appropriate crisis service straight away.

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