

THE TRAUMA PAIN SUPPORT TOOLKIT

Daily Wellness & Mindset Log

A Simple, Powerful Way to Reconnect with Your
Healing Journey



TRAUMA PAIN SUPPORT



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Maintaining a Healthy Mind and Body

Maintaining a healthy mind and body is essential, especially given current state of the world. Taking care of ourselves can help us move from merely surviving to thriving and growing during these unusual times.

What is Wellness?

Wellness is the act of practicing healthy habits on a daily basis in order to improve physical and mental health so that instead of just surviving, you're thriving.





The Importance of Wellness

**Below are some of the
importance of wellness.**

One of the leading causes of poor productivity is poor health. When you don't feel well, your mood and focus might be affected. Taking part in wellness activities that focus on adopting good health behaviors such as regular exercise increases productivity and performance.

- ✦ **Improves Health Behaviors**
- ✦ **Increases Productivity**
- ✦ **Reduces the Risk of Diseases**
- ✦ **Improves Emotional Health**

How to Achieve Wellness?



Make Simple and Healthy Choices

Start with small changes within each dimension and take it one day at a time – you don't have to run a marathon or go on a restrictive diet to implement wellness into your everyday life!



1. Social Connectedness

Quantity

How often you socialize is very important. Try to connect with someone more frequently. Even a brief interaction may make a difference in how you feel.

Quality

The quality of relationships you develop with people can make a difference. It's best to avoid toxic relationships or those that violate your personal boundaries.



2. Exercise Regularly

Even 20 or 30 minutes of daily exercise can have a positive impact on your overall sense of well-being and help improve your mood. Don't know where to start? Try a brisk walk on your lunch break or opt for the stairs instead of the elevator when you can.

3. Eat Healthy Food

By adding wholesome ingredients to your plate, you'll be taking steps towards becoming a healthier you.



4. Get a Quality Sleep

If you're having trouble sleeping, you know it can affect your mood and physical health. Consider your sleep hygiene. Include quiet and calm activities before going to bed, and wake up at the same time every day – these are simple ways you can begin your journey towards becoming a successful sleeper.



5. Practice Mindfulness

Being mindful means being aware of your thoughts, feelings, and bodily sensations in your day-to-day. Practicing mindfulness is good for the body and mind, helps with focus and also changes your mindset. Take a moment right now to consider your own mind and how you are feeling.





Self-care Practices Look Different for Everyone

For some, it can mean staying still while for some it can mean being active. The main idea is to engage in an activity that recharges or energizes you.



Self-care should be something we enjoy doing instead of something we feel forced to do.

Be grateful for today, try to be
better for tomorrow.

Thank
You



Bringing It All Together

You've explored what wellness really means and how self-care can look and feel different for everyone.

Now it's time to support your journey with structured, gentle tools, starting with the TPS Daily Wellness & Mindset Log.

Introducing the TPS Daily Wellness & Mindset Log

A set of gentle tools
designed to help you
track your emotions,
energy, and progress,
one day at a time.

Use daily, weekly, or whenever you need
support.

Print them or save them digitally.

Be kind to yourself.

There's no perfect way just your way.

TOOL - 1

Daily Check-In



A simple yet powerful way to check in with yourself, emotionally and physically, each morning and night.



Use this simple check-in to track your mood, energy, pain, and daily focus. Designed to help you stay present, mindful, and compassionate with yourself.

Daily Check-In (AM + PM)

AM

- **Mood**
- **Energy**
- **Pain**
- **Focus**
- **Gratitude**

PM

- **What helped today?**
- **Triggers or challenges?**
- **What I learned**
- **One intention for tomorrow**

TOOL - 2

Mindset & Mood Journal Prompts



Gentle prompts to guide
your inner reflection.

When you're feeling stuck, overwhelmed, or unsure

When you're feeling stuck,
overwhelmed, or unsure, use
these prompts to explore your
thoughts with curiosity and
kindness:

- What am I feeling right now, and why?
- What thoughts keep repeating today?
- What do I need right now that I haven't given myself?
- What gave me peace today?
- What do I want to remember about today?

TOOL - 3

Energy & Activity Tracker

A clear way to observe how your energy shifts during recovery.



Use this tracker to explore how your energy, pain, and activities affect your overall wellbeing.

Review this weekly to notice patterns and adjust gently.

- ✦ Energy Level (1–10)
- ✦ Mood
- ✦ Pain Level
- ✦ Movement / Rest / Nutrition
- ✦ Time outdoors
- ✦ Emotional or social support

TOOL - 4

Thought Reframing Sheet





When your mind spirals into negativity or doubt, this tool helps you gently challenge those thoughts:

- **Unhelpful Thought**
- **Is it 100% true?**
- **What would I say to a friend feeling this way?**
- **What's a kinder, more realistic thought?**
- **How do I feel after reframing it?**

Use this whenever self-doubt or fear shows up.



TOOL - 5

Weekly Reflection Sheet

Pause, reflect, and honour your progress.



At the end of each week, take a few minutes to reflect:

- Wins and highlights
- Challenges or setbacks
- What you learned
- What you're proud of
- Your intention for next week
- Quote or mantra to carry with you

Print one sheet per week or use it digitally.



TOOL - 6

Affirmation & Habit Tracker



Build tiny daily habits that make a big impact.

Start each day with a supportive affirmation and track the small habits that support your recovery.



I am healing in my
own time, in my
own way.

Habits to track:

- Hydration
- Movement/stretching
- Medication/supplements
- Self-care or journaling
- Emotional check-in
- Reached out for support

✦ Check off what you complete, no
pressure, just awareness.

How to Use This Toolkit

- **Print any page or keep a digital copy on your phone or tablet.**
- **Use it daily or weekly - consistency is more important than perfection.**
- **Bring it to therapy or your recovery sessions to discuss patterns and goals.**
- **Be gentle with yourself. These tools are here to support, not pressure you.**

This is your journey, and this toolkit is your companion.



Ready to go deeper in your healing journey?

Contact Trauma Pain Support

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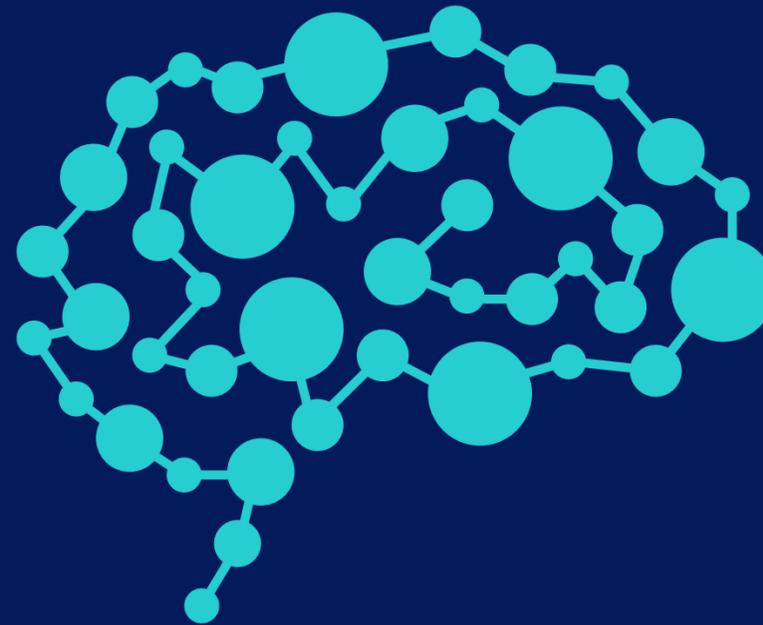
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Disclaimer:

This toolkit is intended as a supportive self-care resource and is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician, mental health provider, or other qualified health professional with any questions you may have regarding a medical or psychological condition.

If you are in crisis or feeling unsafe, please seek immediate help from emergency services or a crisis helpline.