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TRAUMA PAIN SUPPORT

POST-TRAUMA PLANNING KIT

A gentle guide to understanding mental health challenges after trauma





Mental health is about more than just mood, it's about how we think, feel, cope, and connect. After trauma, our mental health can be deeply affected, even if we don't "look unwell." This slide explores what mental health really means, beyond diagnosis or stigma.

WHAT IS MENTAL HEALTH?

THE IMPORTANCE OF MENTAL HEALTH

Mental health is as vital as physical health, but it's often overlooked after trauma.

You may look "fine" on the outside while silently struggling inside.

This slide reminds you that your mental well-being matters, and it's okay to prioritise it.

SIGNS AND SYMPTOMS OF MENTAL HEALTH DISORDERS

EMOTIONAL CHANGES

- Feeling numb, detached, or emotionally flat
- Sudden waves of sadness, anger, or irritability
- Feeling hopeless or unable to enjoy things you used to
- Persistent anxiety or dread

COGNITIVE OR MENTAL SIGNS

- Difficulty concentrating or remembering things
- Racing thoughts or overthinking
- Feeling “on edge” or easily startled
- Thoughts that feel overwhelming or intrusive

BODY & BEHAVIOUR

- Sleep disruptions (too much or not enough)
- Changes in appetite or energy
- Withdrawing from people or avoiding routines
- Increased use of alcohol, food, or other coping behaviours

A black and white photograph of a person wearing a hoodie, seen from behind, looking out over a vast, flat landscape under a cloudy sky. The person's hands are in their pockets. The overall mood is contemplative and somber.

STIGMA SURROUNDING MENTAL HEALTH


One of the hardest parts of healing is feeling like you shouldn't need help.
Stigma makes people stay silent, and feel shame about what's normal after trauma.
Let's talk about why stigma is outdated and unhelpful.



WHY IS STIGMA HARMFUL?

Stigma stops people from seeking support.
It keeps survivors in isolation and prevents open
conversations.

Mental health struggles are common, and recovery
becomes possible when we replace silence with
compassion.



The TPS program was created to fill the gaps so many trauma survivors face, especially around mental health. Through our toolkits and specialised modules, we offer compassionate, trauma-informed guidance that helps you understand your emotional landscape and begin healing at your own pace.

Whether you're managing PTSD, depression, or anxiety after a traumatic event, our recovery resources are designed to empower you without overwhelm. You don't have to figure it all out on your own. TPS is here to walk with you, one step at a time.

HOW CAN TPS HELP?

TIPS FOR SELF-CARE AND MAINTAINING MENTAL HEALTH

EVERYDAY SELF-CARE

Self-care isn't about perfection, it's about small acts that support your mind and body. Start with basics: rest, hydration, movement, and moments of stillness. These simple habits can gently rebuild stability.

EMOTIONAL MAINTENANCE

Caring for your mental health also means checking in with yourself, setting boundaries, and asking for support when needed. You're allowed to pause, reset, and take up space in your own healing.



CONCLUSION

You don't have to have it all figured out. Understanding your mental health after trauma is a courageous first step. This toolkit was created to offer clarity, comfort, and a reminder that healing is possible, even after everything.

READY TO TAKE THE NEXT STEP?

You've just taken in a lot, about mental health,
and self-care.

Before you begin using the tools, here's a
quiet moment to reflect. No expectations. No
pressure. Just space for you.

TOOL - 1

WHAT I CAN CONTROL

After trauma, it's easy to feel like everything is out of your hands.

This tool helps you gently refocus on what is within your control, no matter how small.

It's a simple but powerful way to reduce overwhelm and reclaim your energy.

Try this: List 3 things you can control today - your breath, your boundaries, your pace.

TOOL-2

FEAR VS. REALITY

Fear after trauma is real, but not always accurate. This tool helps you look at anxious thoughts with compassion, and separate them from current reality.

It's not about denying fear, it's about softening it with perspective.

Ask yourself: Is this fear based on now, or on what has happened before?

TOOL-3

WHAT MATTERS TO ME NOW

Healing changes your priorities, and that's okay.

This tool invites you to reflect on your values and set gentle, meaningful goals that align with who you're becoming now.

You don't need big answers, just honest ones.

Even one small goal rooted in what truly matters can be a powerful act of self-trust.

Start small: "One thing I care about deeply right now is..."
Then ask, "What would it look like to honour this in my daily life?"

TOOL-4

WEEKLY ANCHOR

PLAN

In uncertain times, routine can bring stability.

This tool helps you build a weekly rhythm of habits, people, and practices that keep you grounded and supported.

Movement or rest

Nourishment

Connection

Emotional check-in

Joy or creativity



TOOL-5

TRIGGER & RESPONSE PLANNER

You can't always avoid triggers, but you can prepare for them.

This tool helps you identify common triggers and create a plan for how to respond when they arise.

What tends to trigger me

How it affects me

What I can do in the moment

What I'll need after to feel safe again

TOOL-6 SELF-REFLECTION & JOURNALING SPACE

This is your space to reflect, reset, or simply let your thoughts breathe.

You can write about progress, fears, gratitude, or goals, whatever your healing journey brings to the surface.

Prompt ideas:

"Today I noticed..."

"Something I'm proud of..."

"One small thing I want to carry forward..."

Looking Forward, Looking Within

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THANK YOU

Thank you for taking the time to explore this toolkit.

If this content resonates with you, you may benefit from the Specialised TPS Modules on PTSD and Depression, designed to help you go deeper, with structure, support, and compassion.

You are not alone. You are not weak. You are healing.