

# Thriving Through Uncertainty

The Suicide Awareness and Prevention Office designed the *Racial Healing & Recovery Wellness Plan* below to provide a tool for you to use in order to increase your awareness of how you are navigating these uncertain times. It is likely you have a number of strategies that have been helpful, but the plan below is focused on helping you identify ways to recover from personal attacks, triggers, and divesting and reinvesting your energy while remaining proactive in your self-care.

Healing & Recovery	
	Wellness Plan
<p><b>Personal Reflection:</b> Describe what you are like when you are managing and responding to racism in a healthy manner.</p> <p>Describe how you have been navigating the during the pandemic (coping skills, stressors, defining resilience, etc.?)</p>	
<p><b>Daily Maintenance:</b> Describe how you are maintaining connections to your community, values, awareness of you mental and physical health, and culture? How do you maintain connection on a daily basis?</p>	
<p><b>Early Warning Signs/ Responses:</b> How do you know when you have been triggered?</p> <p>What is going well/ continuing to go? What have you stopped doing? How attuned are you to your body?</p>	
<p><b>Acute Racial Trauma &amp; Response Plan:</b> List signs that you are experiencing acute racial trauma (e.g., hypervigilance; heightened emotional experiences, such as depression, anxiety, and anger, which compromise your ability to engage in chosen activities of work, sleep, or school). Identify an action plan for each item on your list.</p>	
<p><b>Crisis Planning</b> How would you know you are experiencing a crisis (e.g., thoughts of harm to others and/or self; inability to care for self and/or others; acute racial trauma symptoms that last longer than a specified duration)? Thoughts?</p>	

## Personal Healing Tips

- Determine whose crisis it is
  - Other’s bad behaviors are their crisis
- Healing is not contingent upon embracing toxic systems, it is finding balance in spite of external systems
- Accessing Resources:
  - When do I need to access external support?
- Preserve one’s own energy
- What issues in your community need your attention? How can you be involved?
- Community Healing:
  - The next time you witness someone being attacked or discriminated against, focus your attention (center their safety) to the person who is hurting first; then address the aggressor

## Healing & Recovery

Behaviours?  
Feelings?

### Accessing Resources:

Identify resources for help

Assistance:

Support (trustworthy):

Advice:

This includes friends, family, neighbors, health professionals, emergency services.

Steps to remain Proactive: How do I hold myself Accountable?

Monitoring the narrative (What does your self-talk look like?)

Activism- shift energy

What issues in your community need your attention? How can you be involved?

Notes:

## Personal Healing Tips

