

Personalized Plan for Recovery and Resilience after COVID-19

1. Assess your needs:

Check any areas that are concerns for you currently.

v Area of Need:
Physical Health: concerns about your own or a family member’s physical health
Emotional Difficulties: concerns about how you or a family member are coping emotionally
Safety: concerns for your own or your family’s safety right now or in the future
Basic Necessities: concerns about meeting the basic necessities of daily life
Substance Use/Abuse: concerns about your own or a family member’s use of alcohol, drugs, or prescription medications
Role Functioning: concerns about how well you are functioning in your daily life at home, work or school
Interpersonal Life: concerns about how you are getting along with people— your spouse/partner, family members, neighbors, friends, or people at work or school
Other Concerns: anything else that you are concerned about?

Distress is a function of the unique challenges of the role (not the individuals in the role!)

2. Prioritize your needs:

Make sure you are focusing on something you have control over.
Circle the one area of need above you would like to focus on first.

Focus on problems that are:	Don’t focus on problems that are:
Happening to you	Happening to someone else
Happening between you and someone else	Happening between two or more other people

Start small and build from there.

3. Brainstorm Solutions:

Use the space below to note possible solutions:

Start with what you know...	
What have you already been doing that is working?	
What have you done in the past that has worked?	
What ideas do you already have about possible solutions?	

Remember... you are already resilient

BONUS: Tool to support resilience & Recovery:

COVID Coach

Created for everyone, including veterans and service members:

- Education about coping during the pandemic
- Tools for self-care and to improve emotional well-being
- Trackers to check your mood and measure your growth toward personal goals



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4. Build your skills

Use the chart below to identify 1-2 skills that you will learn or practice

Resilience and Recovery Skills	
Problem Solving Skills	Problem-solve specific problems Other:
Positive Activities	Plan positive activities Use your creativity Focus on meaning and purpose Other:
Managing Reactions	Square breathing Journaling Calming and soothing activities Other:
Helpful Thinking	THINK through your thoughts Other:
Healthy Social Connections	Map your connections Other:

Resilience is a skill that can be built with practice

5. Plan ahead for success!

Details...	
When? Date? Time?	
Where? How?	
What do I need to be successful?	
Who will support me? How will I seek their support?	
What might get in my way or make it more difficult to stay focused on my plan?	
How will I know if I have been successful?	
If I get off track, how will I reset and restart?	

There is no such thing as failure, only practice and lessons learned!