

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!