



MANDIE SAFE HAVEN

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PTSD Flashback Survival Guide

A printable toolkit with grounding exercises, action plans, and resources for managing PTSD symptoms.

Step-by-Step Grounding Exercises

- ☐ 5-4-3-2-1 Method – Identify 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.
- ☐ Temperature Change – Hold an ice cube, splash cold water, or step outside briefly.
- ☐ Sensory Anchor – Carry a small textured object, calming scent, or photo to use during triggers.
- ☐ Body Awareness – Stamp your feet, press hands together, or touch a nearby surface.
- ☐ Slow Counting – Count backward from 100 in 7s or recite a familiar poem/song lyric.

Flashback Action Plan Template

When I feel a flashback starting, I will:

1. _____
2. _____
3. _____

My safe place is:

The person I will call/text is:

One positive statement I will tell myself:

An object I can hold or focus on:

Daily Calming Activity Checklist

- ☐ Practice 5 minutes of deep breathing
- ☐ Spend at least 5 minutes in nature or fresh air
- ☐ Journal for 5–10 minutes
- ☐ Engage in light exercise (walk, yoga, stretching)
- ☐ Connect with a supportive friend or group
- ☐ Listen to calming music or sounds
- ☐ Practice mindfulness or meditation

Support Resources

Fill in these contacts so you have them ready if you need immediate help.

Local Emergency Number: _____

Crisis Hotline (US: 988, UK: 116 123, AU: 13 11 14):

Therapist/Counselor: _____

Trusted Friend/Family Member: _____

Helpful Websites:

- National Center for PTSD – <https://www.ptsd.va.gov>
- Sidran Institute – <https://www.sidran.org>
- Mind UK – <https://www.mind.org.uk>
- Psychology Tools PTSD Resources – <https://www.psychologytools.com/self-help/ptsd/>