

# Rain or Sun: Balancing Your Mental Wellbeing

APRIL 2025 TRAUMA SURVIVORS NETWORK VIRTUAL SUPPORT GROUP

trauma survivors  
**network**  
provided by **ATS**  
survive. connect. rebuild.

**ATS**  
American Trauma Society

# Welcome

We're glad you  
joined in.

Here's how to best  
participate in this  
virtual group.

# What to Expect

- Introductions
- Group Activity & Discussion
- Follow Up Email

# This is a Safe and Brave Space

- Safe
- Confidential
- Respectful





**Additional Support and  
Resources  
in the United States**

**United States  
Suicide and Crisis Lifeline  
988**



**Additional Support and Resources in  
Australia & Canada**

**Australia:  
Lifeline –  
13 11 14**

**Canada:  
Crisis Services  
Canada –  
1-833-456-4566**



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First Name

## **Introductions**

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A little bit about your survivor story

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If your mental wellbeing today was the weather, what would it be?

# Mini Guiding Practice



“Let’s take a moment to ground ourselves - wherever we are, whatever the weather is inside us today. Feel your feet pressing into the floor. Imagine roots growing down from your body into the earth, steadying you. Bring your awareness to your breath. Inhale. I am here. Exhale. I am steady. Notice any sensations in your body. No need to change anything - just be present.”



# Guiding Questions



1. What helps you feel rooted - especially when the ground feels shaky?
2. What daily rituals, boundaries, or practices help you rise into your strength?

# Creating a Root to Rise Plan



1. One “root” - a grounding practice I can return to when I feel-off balance
2. One “weed” - a habit or stressor I want to gently remove or reduce
3. One “bloom” - a small act or joy I want to cultivate this week

# Closing Affirmation



We may not control the storm, but we can root ourselves, tend our inner garden, and rise in our own time. Whether you're in the rain or the sun right now, thank you for showing up—for yourself and for this community

# Thanks for Joining In!

- Would you like to connect one-on-one with a TSN Peer Visitor online?
- Are you getting the monthly TSN Group Registration Invites via e-mail?
- E-mail [TSN@amtrauma.org](mailto:TSN@amtrauma.org)

