# Preparing for trigger events

A trigger event is an episode of activity that has an adverse impact on our mental health. If we are already under pressure, we can be especially vulnerable.

Many trigger events are predictable and we know they are coming. We can prepare. Here's an activity that can help if you have a stressful work event coming up:

First, grab a blank piece of paper or a sticky note and write down the name of the stressor e.g. going on tour

### Ask yourself:

If you have experienced this stressor before - what helped you cope?

### Ask yourself:

It there anything you can do beforehand to reduce the potential stress levels or impact of the stress?

## Ask yourself:

Who in your support network can you speak to about this stressor, and reach out to if you're under pressure

### Ask yourself:

If the stressors do occur, what will help you feel OK afterwards?

# Ask yourself:

It there anything you can put in place to help you cope with the stressors as they occur?