

# Regain Control

## Step 1: Identify

List all your to-do items so that you have them in one place. As you make your list, consider all your different needs. For example, consider immediate needs (e.g., financial assistance), day-to-day tasks (e.g., groceries), and appointments (e.g., doctor appointment). See the “Understanding Reactions to Mass Violence” section of the website for more examples.

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## Step 2: Prioritize

Rank order the tasks you have listed above in order of highest to lowest priority by putting a number next to the task.

## Step 3: Ask for Help

Who can help you with your to-do list? If you have immediate or financial needs related to the mass violence event, please visit the “Victim and Survivor Resources” section to get information about how to receive this help. Additional supports can include partners, family, friends, co-workers, religious leaders, or professionals. If there is someone who can help with a task, put their name next to the task.

## Step 4: Start Small and Keep Going

Start with your identified first priority task and do one thing today that helps you accomplish this task. Each day try to take small steps towards accomplishing the task at hand. Once you have accomplished one task, make a plan to get started on the next.