



<https://originstraining.org/>

## Workshop 4- Creating An Action Plan

### Mindfulness

#### Progressive Muscle Relaxation-

- How to Practice Progressive Muscle Relaxation: A Step-by-Step Plan to Relax Your Body-  
<https://www.verywellmind.com/how-do-i-practice-progressive-muscle-relaxation-3024400>
- University of Michigan- Stress Management: Doing Progressive Muscle Relaxation- <https://www.uofmhealth.org/health-library/uz2225>

### Implementation Guides

- University of Buffalo School of Social Work- Trauma-Informed Organizational Change Manual-  
<http://www.trauma-informed-california.org/wp-content/uploads/2019/07/Organizational-Change-Manual-ITTIC-2019-T-I-.pdf>
- Fostering Resilience and Recovery: A Change Package for Advancing Trauma-Informed Primary Care  
[https://www.thenationalcouncil.org/wp-content/uploads/2019/12/FosteringResilienceChangePackage\\_Final.pdf?dof=375ateTbd56](https://www.thenationalcouncil.org/wp-content/uploads/2019/12/FosteringResilienceChangePackage_Final.pdf?dof=375ateTbd56)
- Resilient Wisconsin- Resilient and Trauma-Informed Community Strategies and Interventions Organization Planning Guide  
[http://www.resilientcommunitieswi.com/uploads/1/2/6/7/126760048/rtic\\_org\\_planning\\_guide\\_oct2020\\_with\\_tabulation.pdf](http://www.resilientcommunitieswi.com/uploads/1/2/6/7/126760048/rtic_org_planning_guide_oct2020_with_tabulation.pdf)
- TIP 57 Trauma-Informed Care in Behavioral Health Services-  
<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4816.pdf>



## Additional Resources

- SMART Goals- <https://www.mindtools.com/pages/article/smart-goals.htm>
- 20 Best SMART Goals Examples for Small Businesses in 2018-  
<https://fitsmallbusiness.com/smart-goals-examples/>
- National Council- Trauma Informed Care Learning Community S.M.A.R.T. GOALS-  
<https://www.nationalcouncildocs.net/wp-content/uploads/2014/01/SMART-Goals-NEW.pdf>
- SMART Goals- <https://traumasensitiveschools.org/creating-successful-action-plan-part-1/>
- 14 Free Brainstorming Tools To Facilitate Innovation-  
<https://tallyfy.com/brainstorming-tools/>
- Facilitator's Guide to Participatory Decision-Making, 3rd Edition-  
<https://www.wiley.com/en-us/Facilitator%27s+Guide+to+Participatory+Decision+Making%2C+3rd+Edition-p-9781118404959>
- Real Life Resilience Champions from Origins-  
<https://origins-training-consulting.mykajabi.com/blog/real-life-resilience-champions>
- Trauma and Resiliency: A Systems Change Approach - includes an overview of sample trauma and resiliency-informed systems change initiatives from around the country-  
<http://www.first5la.org/files/Trauma.pdf>
- The Field Guide to Human-Centered Design by IDEO.org - for those who are interested in learning more about the approach  
<http://www.designkit.org/resources/1>
- Community Tracker Milestones from ACEs Connection - helps track how many steps toward becoming trauma-informed an organization has taken.  
<http://www.acesconnection.com/blog/community-tracker-milestones>
- Echo Training Trauma-Informed Care Arrow-  
[https://www.echoparenting.org/dev/wp-content/uploads/2018/08/Echo\\_Arrow\\_Print\\_8x11.pdf](https://www.echoparenting.org/dev/wp-content/uploads/2018/08/Echo_Arrow_Print_8x11.pdf)