

Spread the Word!

Cut out these mini-posters and give them to Splatties and Splatvocates.

TALKING SPLAT for MENTAL HEALTH or CHRONIC ILLNESS

(because every day we feel like we've been run over by *something*)

© 2023 Christina Irene

MOPED



My symptoms are pretty chill today!

EUROCAR



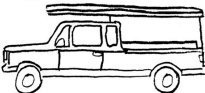
I can do a little more today than usual.

SEDAN



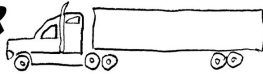
Just a standard day with this condition.

PICKUP TRUCK



I can get by but it's a huge struggle.

TRACTOR TRAILER



I feel absolutely awful.

FREIGHT TRAIN



All of my symptoms are at their worst.

ASTEROID



Zombies are more alive than I am.

TALKINGSPLAT.COM



TALKING SPLAT for MENTAL HEALTH or CHRONIC ILLNESS

(because every day we feel like we've been run over by *something*)

© 2023 Christina Irene

MOPED



My symptoms are pretty chill today!

EUROCAR



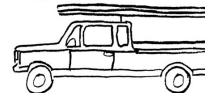
I can do a little more today than usual.

SEDAN



Just a standard day with this condition.

PICKUP TRUCK



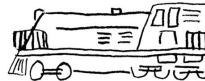
I can get by but it's a huge struggle.

TRACTOR TRAILER



I feel absolutely awful.

FREIGHT TRAIN



All of my symptoms are at their worst.

ASTEROID



Zombies are more alive than I am.

TALKINGSPLAT.COM



TALKING SPLAT for MENTAL HEALTH or CHRONIC ILLNESS

(because every day we feel like we've been run over by *something*)

© 2023 Christina Irene

MOPED



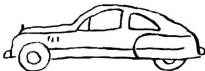
My symptoms are pretty chill today!

EUROCAR



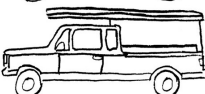
I can do a little more today than usual.

SEDAN



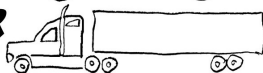
Just a standard day with this condition.

PICKUP TRUCK



I can get by but it's a huge struggle.

TRACTOR TRAILER



I feel absolutely awful.

FREIGHT TRAIN



All of my symptoms are at their worst.

ASTEROID



Zombies are more alive than I am.

TALKINGSPLAT.COM



TALKING SPLAT for MENTAL HEALTH or CHRONIC ILLNESS

(because every day we feel like we've been run over by *something*)

© 2023 Christina Irene

MOPED



My symptoms are pretty chill today!

EUROCAR



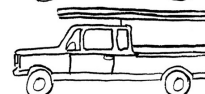
I can do a little more today than usual.

SEDAN



Just a standard day with this condition.

PICKUP TRUCK



I can get by but it's a huge struggle.

TRACTOR TRAILER



I feel absolutely awful.

FREIGHT TRAIN



All of my symptoms are at their worst.

ASTEROID



Zombies are more alive than I am.

TALKINGSPLAT.COM



Impact Map: How To & How Best

INSTRUCTIONS

If you're drawing your own, make a table with four rows and as many columns as you'll need. The top row is for your column headers. The remaining rows are labeled like so:

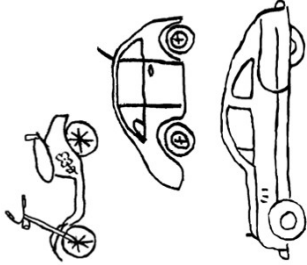
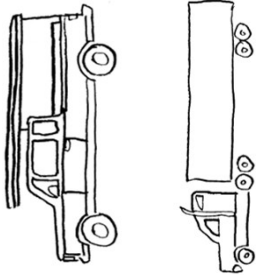
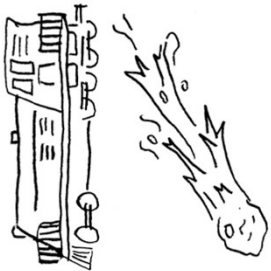
- ☀ moped / Eurocar / sedan
- ☀ pickup truck / tractor trailer
- ☀ freight train / asteroid

For the column headers, fill in your main daily (or often) tasks, such as "homework," "house work," "side business," "workout," "novel writing."

Now it's time to fill in what each task looks like depending on your Splat.

TIPS

1. Make your Impact Map when you're having a pickup truck or better day.
2. Fill in the pickup truck/tractor trailer row first with what you would ideally get done, then write in the moped/Eurocar/sedan row with "above and beyond" vibes and then freight train/asteroid with only what's absolutely necessary (which could be nothing!).
3. Make each item quantifiable where possible. The whole point of the Impact Map is to remove the pressure of deciding in the moment what you can and can't do. So don't leave yourself stuck deciding "what is 'a little bit' of work on my novel?" Instead, write "20 minutes work on my novel" or "1 page of my novel."
4. You can draw your own, or use the template on the next page (just draw your own column lines) and print out more at www.TalkingSplat.com.

Take 5

What's your go-to activity when you're in a funk and want to distract yourself? Do you turn on the TV? Scroll on social media? Would you like to do something else for a change?

Think of this like a wall map you can throw a dart at. Instead, close your eyes, swirl around your finger, then drop it onto this page. Then, do whatever it is you just pointed at!

I wrote in a few ideas for you. Fill in the rest of the blanks with 5-minute (or so) tasks you can do for a positive break.

talk to my plants					
	look at pictures			sit outside	
					make tea
wash my face		go for a walk			rearrange pillows
	text a friend				
	daydream travel			read a few pages	
			work on a puzzle		

Winning the Losses

Something all we Splatties have in common is the theme of loss in our lives. The spectrum of losses ranges from minor to devastating, and they all matter.

To keep my life full and joyful, I listed my losses, and for each one, I brainstormed something to replace it with. Below are some of my personal examples.

On the next page is a blank table where I encourage you to do the same.

LOSS	REPLACEMENT
<i>running</i>	<i>brisk walks</i>
<i>living pain free</i>	<i>sharing my coping tricks with others</i>
<i>energy</i>	<i>indulging in cozy time, guilt free!</i>
<i>wearing cute shoes</i>	<i>confidently wearing flip-flops off-season</i>
<i>late nights out</i>	<i>adventurous day trips</i>
<i>my brain always working</i>	<i>my own business – with my own schedule!</i>
<i>eating anything I want</i>	<i>cookbooks and creative new foods</i>
<i>high-energy social events</i>	<i>LEGO (alone or with friends!)</i>
<i>performing comedy</i>	<i>humor in my speaking programs</i>

<i>LOSS</i>	<i>REPLACEMENT</i>

Splatvocate Map

WHAT IS IT?

The Splatvocate Map is a communication tool for you and your partner, or a relative, your bestie, roommate, whomever!

Work on it together when you're having a better day. Then, any day, you can communicate how you're feeling simply by stating (or displaying a signal of) your Splat.

Your Splatvocate, in turn, will be able to know exactly how to help you in the moment, without having to guess or ask. What a relief for them, as they do genuinely want to help!

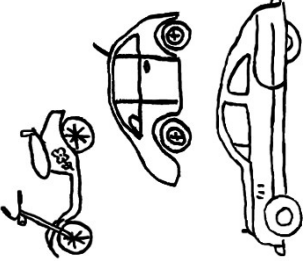
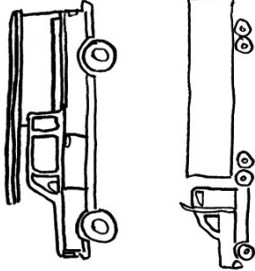
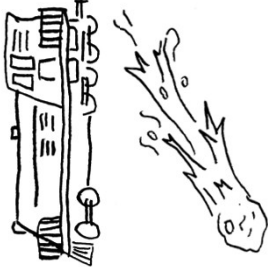
INSTRUCTIONS

Start by filling in on your own, as specifically as possible, what each Splat feels like to you (first column).

Next, with the Splatvocate you're making this for, fill in the rest of the columns. Brainstorm the dos and don'ts together to make sure everyone agrees. Again, be specific. This is all about eliminating guesswork in the heat of the moment.

The final column is for your Splatvocate to maintain their own self-care. It's a reminder that as they're trying to be there for you, they need to remember to not neglect their own needs and joys.

You can download an extra copy and also see my own example (that I made for my book *Splatvocate: Supporting People with Hidden Disabilities*) at www.TalkingSplat.com.

	what it feels like to me	what I need	what might help	what not to do	what to do for yourself
					
					
					

In Case of a Splatquake

Do you have a first aid kit? Do you have a hurricane or earthquake kit? There are different kinds of “kits” that are wise to keep around and stocked up in case of an emergency.

I recommend also having a Splatquake kit: a collection of comfort and care items for your worst days.

It's your kit, so you determine what goes in it and when you use it! It might be designed for any freight train or asteroid day. It might be specially designed for when you're having a run of days above tractor trailer Splatatus and finally stop to take a self-care day.

TIP: Decide ahead of time what criteria (“Splateria”?) calls for breaking out your Splatquake kit.

I've had different versions myself. Sometimes I go shopping and make something like a gift basket for myself and I hide it away until I'm on a stretch of 3 or more freight train days. I've also kept a bin stocked simply with items from around the house, just so I can have my favorite self-care stuff all in one place.

It could simply be a list of items you own and where they are located, so you can remind yourself what's available and what you want to do for yourself if you're not feeling well.

If you really want to make it fun...

Grab your favorite Splatvocate or a fellow Splattie and plan a day of rummaging for things around the house, or go shopping together and buy a neat container and spend your pre-arranged budget picking out some really cool stuff. They make great gifts, too!

Splatquake Kit Checklist

Use this list to build your Splatquake Kit. Check off items you want to make sure are in it, then head to the store and stock up or gather things from around the house (if you're bored, use this as a scavenger hunt!). I left some blank spaces for you to add your own.

TREATMENTS

- gel eye mask
- heating pad
- menthol patches
- soothing balm
- facial treatment
- bath salts
- yoga/stretch video
- therapy exercise list
- _____
- _____
- _____
- _____

ENTERTAINMENT

- streaming watch list
- DVD(s)
- book(s)
- video game
- deck of cards
- puzzle book
- jigsaw puzzle
- building toy
- coloring book
- art supplies
- needlework/sewing
- craft project
- pet toy
- _____
- _____
- _____
- _____

PHYSICAL COMFORT

- weighted blanket
- soft blanket
- pillow
- pajamas
- fuzzy socks
- dry shampoo
- cleansing wipes
- tissues
- earplugs
- _____
- _____
- _____
- _____

NOURISHMENT

- canned soup
- instant cup of noodles
- canned fruit
- meal/snack bars
- frozen meal(s)
- frozen treats
- hot tea
- mug
- takeout/delivery menu(s)
- pet treats
- _____
- _____
- _____
- _____

EMOTIONAL COMFORT

- favorite mementos
- photo album
- love note to self
- card/note from loved one
- uplifting quotations
- fidget toy
- stuffed animal
- happy song playlist
- candles
- crisis hotline numbers
- _____
- _____
- _____
- _____

JOURNAL REFLECTION

A Love Letter

This is something I keep in my Splatquake kit. I wrote a love letter to myself, written on a good day, to be read on a bad day, congratulating myself for all I do accomplish and encouraging me to show myself grace and patience when times are tough, with assurance that this, too, will pass.



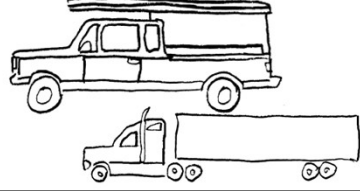
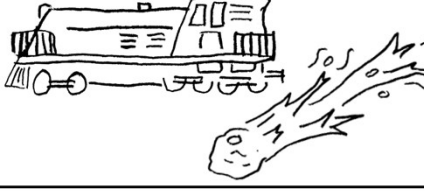
Write yourself a little note of love and encouragement to be read when you need it.

Little Things

I know how it feels to be overwhelmed looking around the house and seeing all the little things that need to be done. I discovered a way to use my Impact Map to alleviate this!

I list all the little tasks I can think of. Then, I include a column on my Impact Map called "Little Things."

Check out this example that even accounts for weekends:

	Little Things	
	weekday: 1 thing weekend day: 2 things	<u>Little Things</u> water plants dust living room clean toilet dust dining room clean pet bowls weed one flower bed clean mirrors vacuum stairs tidy pantry
		
	weekday: if necessary weekend day: 1 thing	
	no things	

This got me feeling like the tasks aren't being neglected after all! They're written out with a plan to get them done. Also, it leaves me some choice because I get to choose what tasks I feel like doing, as long as I complete my agreed-upon number.

If I see something new that needs to get done, I just add it to the list. Now it's on paper, not on my mind.

What "Little Things" Can You Do?

Must, Should, Perhaps...

You might have figured out by now that the Impact Map is yours to use, tweak, remake however you like! There are so many ways to make it work, and we're all a little different.

There was another version I created that I like, which specifically includes a to-do list on it. It's especially great for work!

Simply list all that you absolutely ***must*** do in a day. Then list what you ideally ***should*** do. Then list what you ***perhaps*** could do if you have extra time or bandwidth.

You can use this model a couple ways:

- A) Use it to prioritize and sequence your tasks. Start with the "must" tasks, move on to the "should" tasks when those are done, and then if you still have time and energy, start on the "perhaps" tasks.
- B) Determine that all tasks get done if you're at moped-to-sedan Splatus, that the "must" and "should" tasks get done if you're at pickup truck or tractor trailer Splatus, and that only the "must" tasks get done if you're at freight train or asteroid.

Try planning a week in advance. You can fill in your "must" tasks for the whole week, but maybe just the "should" and "perhaps" tasks a day or two ahead of time.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MUST							
SHOULD							
PERHAPS							