

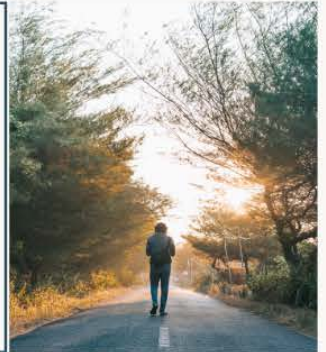
# *SUGGESTIONS ON*

## WHAT TO DO WHEN TRIGGERED

### *SLOW DOWN AND LOOK AROUND*

FINDING WAYS TO SLOW YOUR BODY DOWN IS A GREAT WAY TO BRING CALM TO YOUR WHOLE SELF. SOME WAYS THAT YOU CAN DO THIS ARE:

Plant Your Feet On the Ground, Take A Meditative Walk In Nature, Journal, Take note of your surroundings



### *HAVE COMPASSION FOR YOURSELF*

SPEAK TO YOURSELF THE SAME WAY THAT YOU WOULD SPEAK TO A CLOSE FRIEND.

Remind yourself that your inner critic doesn't tell the truth about who you are. Notice your body's limitations and respect them.



### *FOCUS ON YOUR BREATH*

TRIGGER STATES CAN IMPACT OUR BREATHING WITH FAST, SHALLOW BREATHS. SLOW, DEEP BREATHS WITH LONG EXHALES HELP COMMUNICATE TO YOUR BODY THAT YOU ARE SAFE.

4-7-8 Breathing: Inhale to the count of four, hold to the count of seven, exhale to the count of eight.



### *CREATE A RITUAL FOR SAFETY*

A RITUAL CAN LOOK LIKE ANYTHING THAT COMMUNICATES SAFETY TO YOUR BODY; IT CAN BE DONE ALONE OR WITH PEOPLE WHO FEEL SAFE. SOME OPTIONS INCLUDE:

Light a candle, Take a hot bath, Arts like painting or writing, and exercise.



# *SUGGESTIONS ON*

## WHAT TO DO WHEN TRIGGERED

### *MOVE YOUR BODY*

FINDING WAYS TO SLOW YOUR BODY DOWN IS A GREAT WAY TO BRING CALM TO YOUR WHOLE SELF. SOME WAYS THAT YOU CAN DO THIS ARE:

Dancing, Shaking, Swimming, Running, Taking a walk, HIIT workouts.



### *NOTICE YOUR EMOTIONS*

SO MANY OF US HAVE NOT BEEN TAUGHT TO TAKE THE TIME TO NOTICE THE EMOTIONS IN OUR BODIES, WHAT THEY FEEL LIKE, OR HOW TO LABEL THEM. NOTICING EMOTIONS CAN HELP WITH REGULATION AND CALM.

Consider a tool like a feelings wheel to help you identify your emotions.



### *MAKE NOISE*

MANY SURVIVORS OF TRAUMA HAVE LOW VAGUS NERVE TONE, WHICH INHIBITS THE ABILITY TO COPE WITH STRESS. NOISE IS A GREAT WAY TO STIMULATE THE VAGUS NERVE & HELP YOUR BODY FEEL SAFE. OPTIONS INCLUDE:

Yelling, Screaming, Humming, Singing

