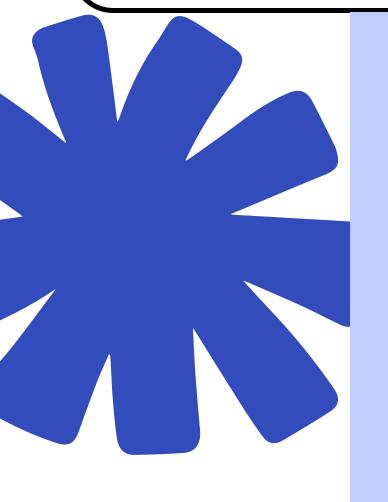
Stress & Trauma-

Common Trauma Reactions

- Decreased concentration
- Insomnia
- Numbing
- Loss of interest
- Irritability and anger
- Depression
- Eating and appetite issues

- Hopelessness
- Nightmares/Flashbacks
- Increased startle response
- Brain fog
- Hypervigilance
- Fear and anxiety
- Headaches and stomachaches

- Memory issues
- Self-Destructive behaviors
- Shame and guilt
- Panic Attacks
- Emotionally overwhelmed
- Substance Abuse
- Feeling isolated
- Avoidance



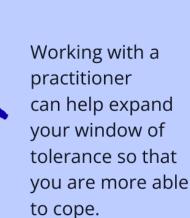
HYPERAROUSAL

Anxious, Angry, Out of Control, Overwhelmed, Fearful Your body may want to fight or run away. It's not something you choose- these reactions just take over



When you're in your Window of Tolerance, you feel like you can deal with whatever is happening in your life. You may feel strong emotions, but it doesn't cause you to feel overwhelmed or detached. This is the ideal place to be.





HYPER

HYPO

HYPO

HYPER

When stress

and trauma

shrink your

window of

tolerance, it

doesn't take

much to throw

you off balance.

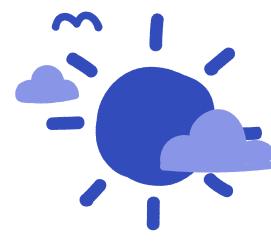


HYPOAROUSAL



Spacy, Zoned out, Numb, Withdrawn, Disconnected Your body wants to shut down. It's not something you choosethese reactions just take over.

Coping Skills



For Hyperarousal (Calming down the nervous system)

Deep breathing

 Try a 4-7-8 pattern (inhale 4 sec, hold 7, exhale 8)

Ground yourself

Name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste (5-4-3-2-1 technique)

Cool down

 Splash cold water on your face or hold an ice cube

o Increase Saliva production

 drink a cold liquid, suck on a sour candy or mint

Slow movement

Gentle walks,stretching, or yoga

For Hypoarousal (Waking the system up)

Stimulate the senses

Cold showers,
upbeat music, citrus
smells

Connect

Call someone, talk to a pet, engage with a safe person

Move your body

March in place, dance, or do jumping jacks

o Get sunlight

Natural light helps reset your body clock

Eat something grounding

 Something crunchy, spicy, or sour can help re-engage the body