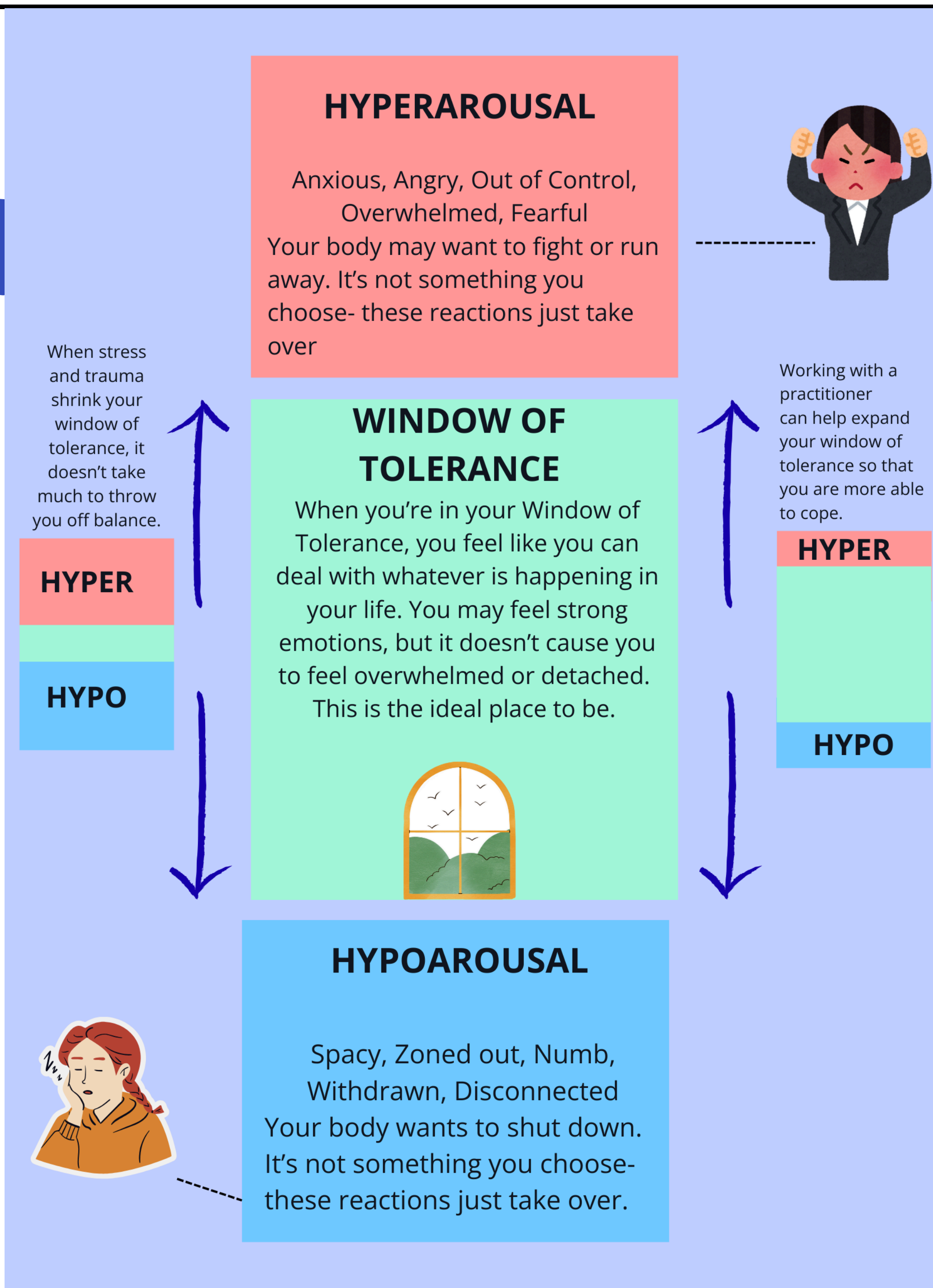
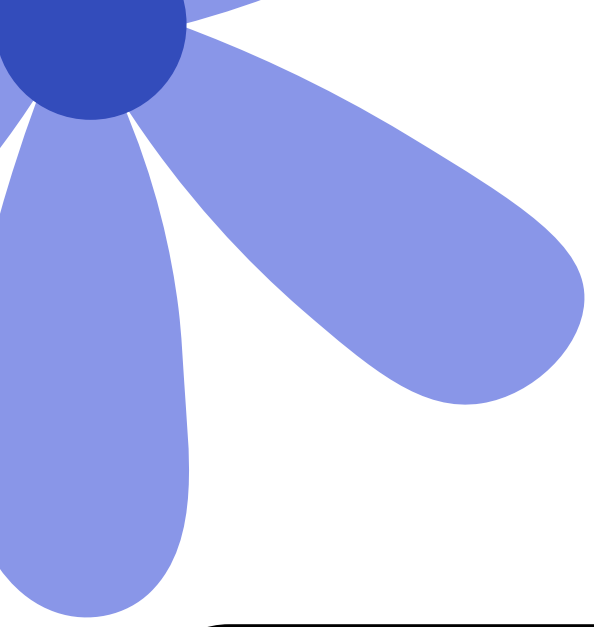


# Stress & Trauma

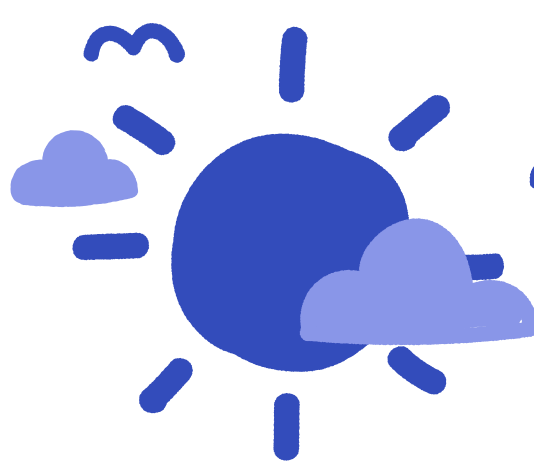
## Common Trauma Reactions

- 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





# 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
- **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
- **Get sunlight**
  - Natural light helps reset your body clock
- **Eat something grounding**
  - Something crunchy, spicy, or sour can help re-engage the body