

# *What to do about Triggers*

*Defined: Anything, including memories, experiences or events that spark an intense emotional reaction regardless of your current mood.*

*It can be associated with post-traumatic stress disorder (PTSD)*

## *What do they look like?*

- Shortness of breath
- Sudden outbursts
- Misdirected anger
- Anxiety
- Crying
- Sudden change in mood

## *How to release an emotional trigger.*

- Be aware
- Track the trigger's origin
- Reprogram negative beliefs
- Act as if...
- Work with a therapist or coach

## *Create a Self Care Plan*

- Create activities list based on different areas of your life
- Take note of barriers that get in your way
- Share your plan with your support system
- Post or write your plan in areas you can easily see and access
- Stick to your self care plan

