My Coping Needs & Options

WHEN I....THEN I....

Start the Day	• Exercise- 5-60 minutes to increase energy & mental clarity for the day (followed by cognitive/ mental work within 90 minutes for best results) • Tension-Trauma Releasing Exercises (TRE) ◦ 15 minutes of exercise/ position-induced shaking for stress relief. Learned from a TRE provider. • Alpha Stim-prescription alpha brain wave stimulator • Meditation: 3-15 minutes to set resilient mindset for the day
Before Shift	• Cyclic Sigh- Breathing Protocol to Calm Quickly ◦ Long inhale, extra sharp inhale, long exhale through pursed lips • Non-Sleep Deep Rest (NSDR) - restorative when sleep deprived. 8-45 minutes (or more).
During the Call	• Self-Talk for Improved Performance Under Pressure (STEP-UP) • Affirmative: Ex.-"You got this." "You do hard things." • Instructive: Ex: "Breathe." "One thing at a time."
Immediately After the Call	• Breathwork: 4-7-8 (inhale, hold, exhale), 4x4 (inhale 4, hold 4, exhale 4, hold 4; AKA Box Breathing), Cyclic Sigh (Long inhale through nose w/ second fast inhale, then exhale through pursed lips). • Tetris (10-20 minutes w/in 5-6 hours of event to reduce likelihood of nightmares & intrusive images.

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At the End of the Shift	Tension-Trauma Releasing Exercises (TRE) 15 minutes of exercise/ position-induced shaking for stress relief. Learned from a TRE provider. Music- bilateral/binaural, alpha brainwave 3-Part Reflection- What went well? What didn't? What do I want to do with this, given my values/ ability to control?
Upon Arriving Home	Talking with a Trusted Other Savoring (focus on something pleasant and healthy- (including a picture of vacation spot, art, favorite song). Wellness apps., or Explore.org for live cams of nature/ animals
When Going to Bed	Legs up the wall Slow, deep stretching 27-Breath- counting down slow breaths from 27 to 1 Non-Sleep Deep Rest (NSDR) Bilateral Beats Cognitive Shuffling: identifying words / images that go w/ letters for an overactive mind to improve sleep onset
Am Stressed	Movement (walk, stretch) Self-Talk for Enhanced Performance Under Pressure Talking with a Trusted Other
Am Interacting with a Frustrating Person	Cycle Sigh Self-Talk for Enhanced Performance Under Pressure • Affirmative: Ex.-"You got this." "You do hard things." • Instructive: Ex: "Breathe." "One thing at a time."