



Triggers can come out of nowhere and feel so debilitating. It's important to learn tools to use during those moments in order to bring ourselves stability and grounding instead of being hijacked by triggers which take away our joy and peace. At the same time, be very gentle with yourself and show yourself a lot of compassion.

- ❖ Wiggle your toes and feel the ground beneath you. Bring movement to your body to get back to the present moment.
- ❖ Self-talk can be very helpful. Tell yourself whatever feels comforting to you, such as, "I am safe.", "I am enough.", "I am doing the best I can." Say these out loud if you need to.
- ❖ Use the 5 senses tool:
 - What do I see?
 - What do I hear?
 - What do I taste?
 - What do I smell?
 - What do I feel?
- ❖ Keep an essential oil roll-on nearby. Roll the oil on your wrist. Feel the movement on your skin and take in the scent.
- ❖ Pick out a crystal or stone that speaks to you, either through how it looks or what it represents. Keep it in your pocket or nearby so you can hold onto it when triggered. How does it feel in your hand?
- ❖ Find a mantra or scripture that speaks to you. This may change regularly as you go through your healing journey. Print it out or put it on your phone or computer wallpaper as a reminder when you need it.
- ❖ Get outside and get some fresh air. Take a deep breath to get centered. Take in the sights around you. Touch a piece of nature if it is safe.
- ❖ Keep hard candy nearby. When triggered, put a piece of candy in your mouth. How does it feel? What does it taste like? Does it have a scent?
- ❖ Thought stopping...tell yourself to stop the thoughts and ask yourself, what is real in this moment?
- ❖ Rub your fingertips together. Breathe and feel the ridges on your fingers until you feel grounded and centered.
- ❖ Deep breathing. Oftentimes, our breath becomes shallow and rapid when triggered. Take a deep breath and release. Repeat several times.

It can feel frustrating when being bombarded with triggers. It takes practice to be able to turn to these tools when triggered. Find which ones work for you and come back to the list when you feel you need a new tool to get you through.