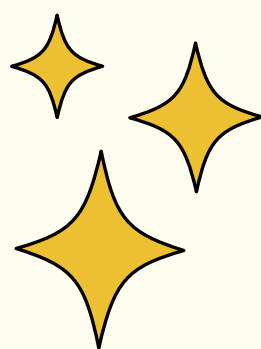


Safer Trauma Recovery



ADAPTED FROM ROTHSCILD (2010) *8 KEYS TO SAFE TRAUMA RECOVERY: TAKE-CHARGE STRATEGIES TO EMPOWER YOUR HEALING*, NY: W.W. NORTON & CO.

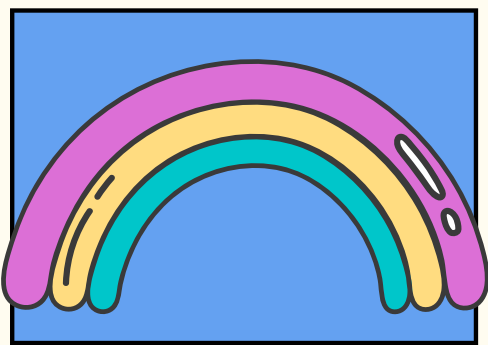
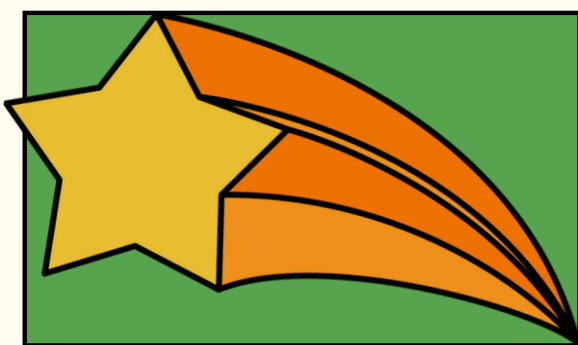


MINDFULNESS

Reconnect mind and body by paying attention on purpose, in the present, and without judgement.
Recognize your triggers by practicing gauging somatic markers.

SURVIVAL

Acknowledge your survival: you made it. Practice rituals, affirmations, and grounding techniques to interrupt the Cycle of Trauma Activation.

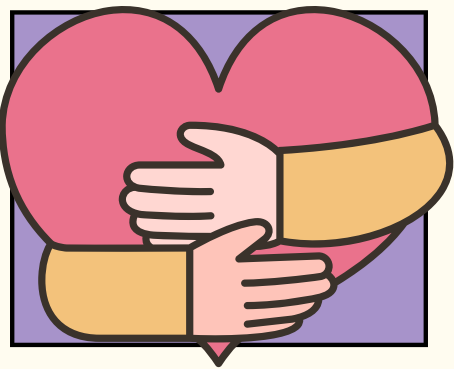
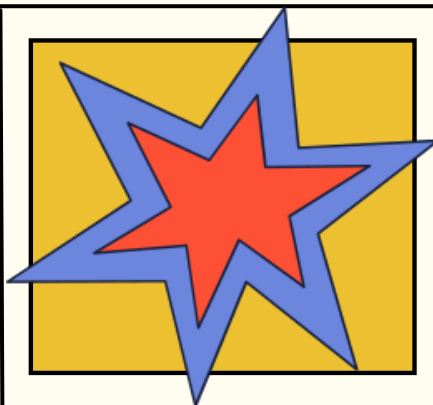


RELIEVE NOT RE-LIVE

Revisiting traumatic memories can be harmful to you and is not necessary for healing. The aim is to no longer be taken off guard by your trauma reminders and processing traumatic effects.

STOPPING FLASHBACKS

Flashbacks are intense, intrusive memories of the past. During flashbacks, pay attention to your feelings; use your 5 senses to reconnect yourself to the present; determine and declare if you are actually safer right now.

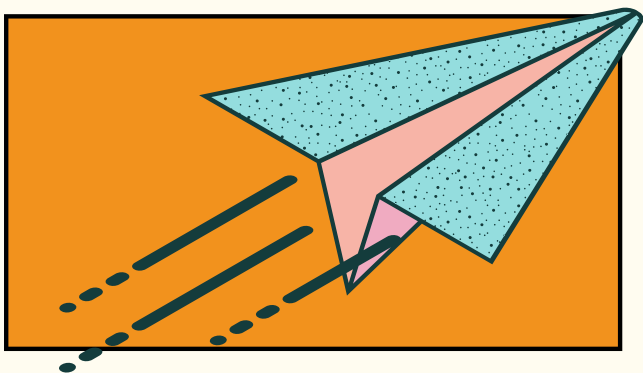
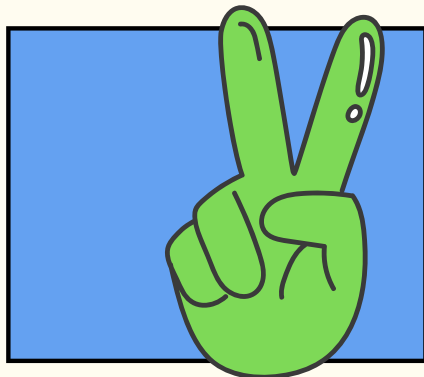


SELF-FORGIVENESS

Forgiving yourself for not being able to stop the trauma from happening, freezing or fleeing during the trauma, hurting others when we fought back against the trauma, or going along to get along for the sake of safety.

SMALL STEPS

Be gentle with yourself and allow time to heal slowly; even the smallest changes are progress. Use your supports and resources; monitor your emotional needs and boundaries; update your goals as needed.



MOVEMENT

Finding purposeful, pleasurable movement to increase your sense of bodily containment and self-control and dissipate the build-up of stress hormones in the body.

MEANING

Remember that you have unique strengths and talents that are worthy of sharing; consider what you have learned on your own healing journey and help others to discover their own healing.

