

How to Cope with Triggered Trauma Memories

- **Move your body.** Get your body moving to release endorphins and shift your body's response.
- **Use grounding techniques.** Bring yourself into the present by getting in touch with your senses.
- **Go outside.** This is a great place to apply grounding techniques. Breathe the fresh air.
- **Practice cozy self-care.** Draw a warm bath. Put on your comfiest pajamas.
- **Let emotions be.** Allow yourself to process the emotions with patience.
- **Try tapping.** Tapping calms anxiety, builds self-acceptance and draws your awareness into your senses.
- **Get support.** Having a sense of community is essential to avoid falling prey to isolation.

