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.