

Once You Know Your Triggers, You Can Manage Them!!

Over time, your triggers will lose their meaning and effect you, but until then, its important to find coping skills that work for you.

Grounding

Walking barefoot in your yard, putting your toes in dirt, imagining yourself as a tree with long roots going deep into the earth.

5 Things You Can See

4 Things You Can Feel

3 Things You Can Hear

2 Things You Can Smell

1 Thing You Love About Yourself

Self Regulation

Practice Self Awareness

Align your Goals and Values

Positive Self Talk

Affirmations

Meditate/Deep Breathing

Be Kind to Yourself

Exercise

Keep a Journal

Coping Strategies

Yoga

Arts/Crafts

Listening to Music

Journaling Your Story

Dream Board/Goals Setting

Aromatherapy

Gardening

Pet Therapy

Self Love

Spa Day/Long Shower

Affirmations

Dream Board/Goals Setting

Read/Journal

Create

Time with Loved Ones

Time Alone

Cook/Bake