

THE TRAUMA STEWARDSHIP INSTITUTE'S THERAPY SURVIVAL GUIDE

PROTECT YOUR MAKINGS
[or when...]
less cortisol, more interoception.



GO OUTSIDE
[or look outside]
perspective, context +
something larger than this.



BE ACTIVE
[avoid stagnation]
in body, mind, spirit.

CULTIVATE RELATIONSHIPS
those that are edifying + healthy.

NURTURE GRATITUDE
what is one thing, right now,
that is going well?



DETOX
be wise
limit news + social media.

SPEND TIME WITH ANIMALS
↓ stress hormones, ↑ comfort



METABOLIZE YOUR EXPERIENCES
re-regulate your nervous
system



SIMPLIFY
LESS IS MORE
behavioral decision
fatigue + cognitive overload

LAUGH
haha!
the gift of feeling transported

FOSTER HUMILITY & EXTEND GRACE

self-righteous + hubris = unhelpful.

SLEEP



LEARN INTENTIONS
how can i refrain from causing harm,

BE REALISTIC + COMPASSIONATE
[with yourself]

be mindful of the quality of your
presence. it means so much