

DIFFICULT MOMENTS

Care Sheet for Difficult Moments

A **trauma response** can be defined as the automatic response (physical and/or psychological) that an individual experiences when faced with triggering stimuli relating to the traumatic event(s). The body's stress response system in the nervous system is activated. The individual's brain is telling them they are unsafe/in danger and to prepare to fight, run away, or freeze.

DON'Ts: _____

Trigger/Event

Feeling

Trigger/Event

Feeling

Trigger/Event

Feeling

Strategies that Help

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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Continued

Helpful Suggestions

- self-soothing activities
integrating the 5 senses
- grounding and breathing
exercises
- tip your body temperature
(cold water on the face, ice
cubes in hand, etc.)
- move your body
- scream it out
- special interests
- guided
meditation/breathing
- distractions until intensity
has decreased
- call on support individuals

Crisis Plan

If all other strategies have not been successful, and I am in crisis, I will take the following steps:

1)

2)

3)

4)

5)

6)

People/Places to Call When in Crisis:
