Tiny Survival Guide

Protect Your Mornings
less cortisol, more intentionality.

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
if navigating addictions
be wise + safe
limit news + social media.

Spend Time With Animals
stress hormones, comfort:

Metabolize All You Are Experiencing
re-regulate your nervous system.

Simplify
less is more
be aware of decision fatigue + cognitive overload.

Admire Art
the gift of feeling transported.

Laugh
pure humor = a sustaining force.

Foster Humility & Extend Grace
self-righteousness + hubris = unhelpful.

Sleep
to cleanse + repair brain + body.

Clarify Intentions
how can I refrain from causing harm, how can I contribute meaningfully?

Be Realistic + Compassionate[with yourself]
be mindful of the quality of your presence. It means so much to others.

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