

Dealing with Triggers

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By: Stephanie

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- Firstly be prepared – knowing that you are likely to be triggered helps you to feel more in control when it happens, you can also plan your response and even see it as an opportunity for healing.
- Be reassured that your feelings are normal – triggers are upsetting for us all and your response is a normal reaction after the trauma you experienced
- Plan distractions – do things you enjoy, go for a walk or watch a funny film – anything you feel like doing that will distract you from what has triggered you.
- Remember you are safe – ground yourself – try tapping your foot on the floor, or doing simple maths or spelling.
- Do your best to nurture yourself – what makes you happy, relaxed and good about yourself – perhaps learn some relaxation techniques (breathing exercises often help me). Keep yourself warm and eat and sleep as well as you can. You are worth taking care of.
- Make use of the board – use the board to post about whatever has been brought up by being triggered – other people will no doubt relate and may be able to offer suggestions

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