



Create a Safety Trigger Loop

9 Ideas for Self Care

Cold,
uncomfortable,
insecure, indecisive



Lift weights

Cough, scratch,
chest pain, dry skin,
dizziness, fainting feeling



Drink water

Aching muscles,
backache, sore neck,
nausea



Do 5 minutes
of restorative yoga

Drinking alcohol
or lots of sugar drinks



Add lemon or apple cider
vinegar to water; try with
sparkling water and ice

Negative thoughts,
ruminating over the same
things, helplessness



Open a window, look outside
and admire nature, breathe

Revenge planning,
self-harm,
simmering rage



Dig in dirt or sand, garden,
pull up weeds

Worrying about the future,
fearing the unknown,
drowning in debt



Draw a storyboard;
design yourself a story
with a better ending

Angry,
anxious,
antsy



Dance
with or without music

Despairing
today



Read a book
(try a real one!)

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