THE TRAUMA STEWARDSHIP INSTITUTE'S
Tiny Survival Guide

Protect Your Mornings [or whenever you wake up]
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.
WHEN EXPERIENCING OVERWHELM & TRAUMA

- loneliness/isolation/strained relationships
- feeling helpless, hopeless & that one can never do enough
- hypervigilance & always serious
- anger and cynicism
- guilt/fear/complicated grieving
- lack of awe
- sense of persecution
- fight/flight/immobility response
- dissociative moments
- inability to see options & diminished creativity
- physical ailments, depression, anxiety, & other mental health considerations
- chronic exhaustion & saturated nervous system
- pulled toward confirmation bias & away from critical thinking
- lack of presence/deliberate avoidance/cognitive overload
- disheartened & dispirited
- grandiosity
- difficulty empathizing/minimizing/numbing
- sub-impeccable/toxic conduct & compromised impulse control
- addictions