



**HERE IS YOUR
FREE TOOL** 

**WHEN YOU ARE FEELING
STRESSED OR TRIGGERED**





I BELIEVE THAT KNOWLEDGE IS POWER, THE MORE YOU KNOW THE MORE YOU GROW!!

When we have stress going on in our lives mentally, and physically it can be exhausting. It can leave you feeling a bunch of different ways

- **Overwhelmed**
- **Anxious**
- **Irritable**
- **Afraid**
- **Tired**
- **Drained**
- **Depressed**
- **And much more!**



**When you are "STRESSED OR TRIGGERED"
Your PREFRONTAL CORTEX SHUTS DOWN**

SLEEPS



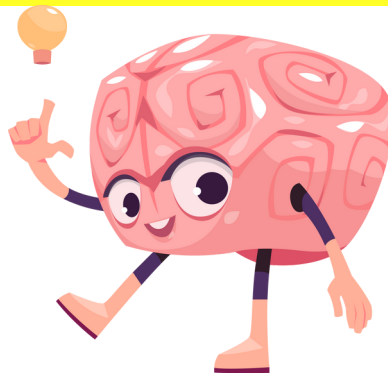
OR OVERREACTS



The PREFRONTAL CORTEX is your "THINKING BRAIN"
When you are aware of what is happening and build awareness it will help you correct it!



**TO TURN IT BACK ON
ALLOW YOURSELF TO PAUSE**





TRAUMA INFORMED
COACHING

**IMAGINE WHEN YOU FEEL A
TRIGGER YOU SEE A YIELD SIGN**



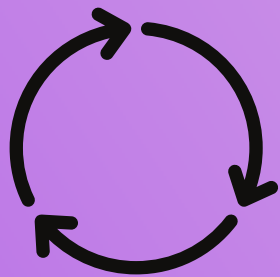
YEILD MEANS PAUSE



Take a DEEP breath in and hold it, then blow out

**Inhale for 4, Hold for 7, and Exhale for 8
(Or whatever feels best to you)**

Repeat until you feel better



**This PAUSE allows your thinking
brain to come back online!**

**Repeat this as many times as you need to start to feel
better**

Trauma Informed Coach

Succeed with Stacy



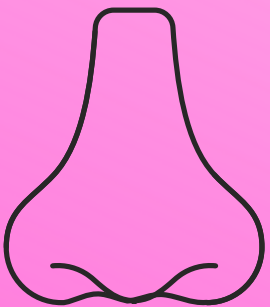
After the **PAUSE**

Take a moment



LOOK AROUND

WHAT IS SOMETHING YOU SEE



**WHAT IS SOMETHING YOU
SMELL**



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**USE THIS TOOL TO HELP TRACK
WHEN YOU ARE FEELING THIS WAY**

WHAT MADE YOU UPSET?




WHAT DID YOU SEE OR SMELL?

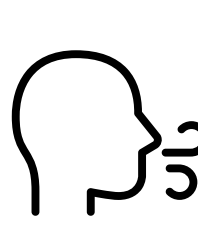
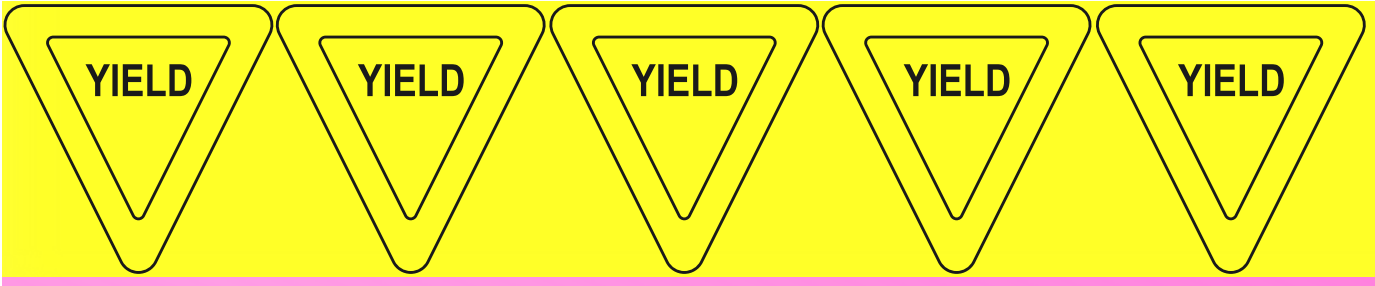
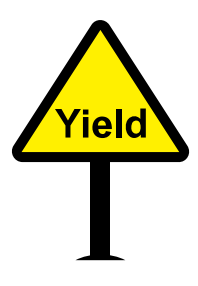
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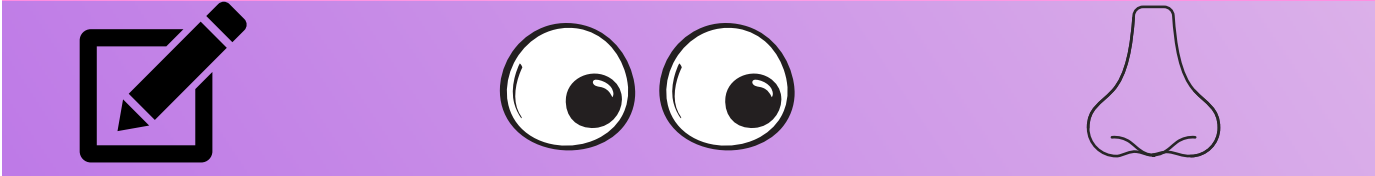
HOPE THIS WAS HELPFUL!

 **Building awareness is an important tool for CHANGE!**


FROM THIS  **THIS**  **OR THIS** 



Inhale, Hold, Exhale	Inhale, Hold, Exhale	Inhale, Hold, Exhale
Inhale, Hold, Exhale	Inhale, Hold, Exhale	Inhale, Hold, Exhale



 **Keep an eye on your emails for more ways to build tools to manage your cool!**
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