

Tiny THE TRAUMA STEWARDSHIP INSTITUTE'S 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.

