SO YOU ARE PARTICIPATING IN A PROGRAM BY THE HEAL PROJECT

Here are a few things to keep in mind:

- If you are concerned about triggers, clear your day after the program and intentionally make sure to have few responsibilities.

- There will be sharing of potentially triggering stories and opinions.

- Be prepared to pause and check in with yourself as you participate. Use the signs of triggers list below as needed. We have provided a list of self-care tips in case of finding yourself triggered. However, you know best how to take care of yourself.

- The making of our programming is triggering at times for us too. We go slow, take time off, cry, and do self-care as needed. Openly talking about these issues is part of our healing process. We are honored to do it in community with you.

SIGNS OF BEING TRIGGERED

- **EMOTIONAL SIGNS**
  confusion, anger, nervousness, anxiety, panic, sadness, suddenly feeling unsafe, alert, and cautious

- **MENTAL SIGNS**
  dissociation, loss of patience, dizziness, disorientation, regression

- **PHYSICAL SIGNS**
  heart racing, sweating, sudden fatigue, upset stomach, muscle pain, shaking, intense lethargy, choking up

WATCH OUT FOR

- **URGE FOR EXCESS BEHAVIOR**
  eating, working, using substances, having sex, watching tv, ruminating shopping

- **FLASHBACKS**
  visual flashbacks, emotional flashbacks (body memory), sensory flashbacks
You are safe: tell yourself “I am safe. I am OK.” Remind yourself that you are an adult capable of taking very good care of yourself. Remind yourself that these feelings will pass and you will feel better.

Rage: punch a pillow, cry, scream, go for a run.

Touch: place your hand on the back of the neck and squeeze, caress your own arm, hug yourself lovingly, and hold for a few minutes.

Slow Down: breathe, stretch, cancel plans, nap, listen to soft music, meditate.

Sex/Kink: if sex/kink helps you re-center, schedule a scene or play date.

Outside: get out of the house and perhaps go for a walk, hike, swim, drive, or just sit outside.

Vent: talk to a friend and express your feelings (e.g. sadness, guilt, anger). Call a hotline for support.

Inner Child Work: pour out (say out loud) your feelings as if you were a small child (e.g. I hate her for doing that). Talk gently with the inner child and reassure protection and safety.

Grief: if possible, try to identify the source of your trigger and the associated wound. Allow yourself to grieve.

Gratitude: offer yourself gratitude for your commitment to your well-being, healing and growth.