

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.

