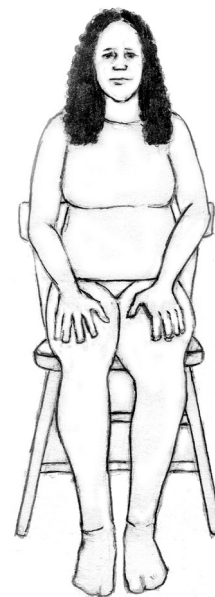


Practice: Coming into Safety

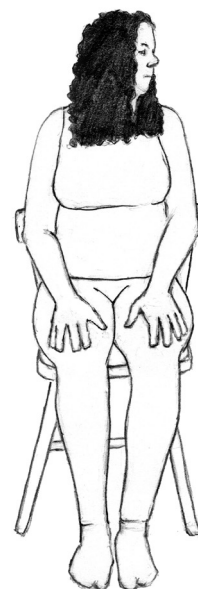
Ground

- Push your legs into the ground. Feel the strength of the muscles in your legs as you engage them. Feel your feet making contact with the ground and the Earth welcoming and supporting you.
- Now relax the muscles of your legs while you wiggle your toes.
- Repeat.
- This helps you come into your body and begin to feel supported.



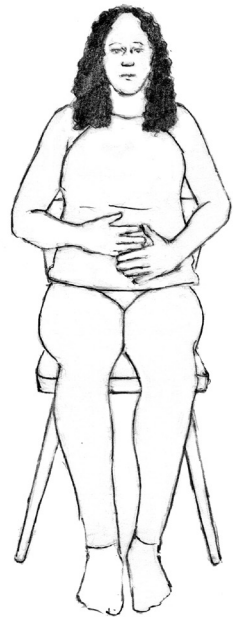
Orient

- Slowly turn your head and neck as far as you can from side to side three times. Take in your surroundings, noticing if you're safe.
- This helps inform your nervous system that there's no real threat present; you can now begin to relax the fight-flight response.
- If you're not safe, do whatever you need to do to protect yourself: leave the room, call for help, find an ally, call a friend.



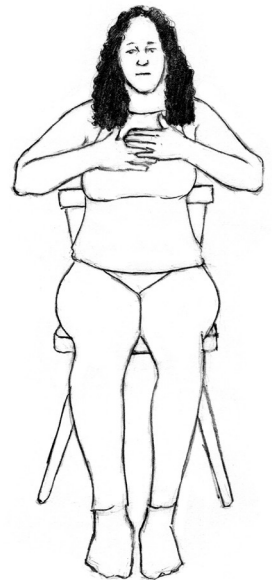
Belly Breaths

- Take slow deep breaths as you relax your belly, giving it permission to soften as you inhale. Gently let go of the breath, releasing as much air as possible without strain.
- When you inhale, the belly, ribcage, and shoulders should expand slightly, making room for the breath as the diaphragm moves downward and the lungs fill.
- It may help to imagine there's a balloon in your belly that fills up with each inhalation.
- This breath nourishes your entire being.



Soothing Touch

- Tenderly place your hands on your heart or belly, or give yourself a hug, as you remind yourself, "In this moment I am safe, I'm okay, I'm safe."
- This touch soothes your nervous system and calms fearful thoughts.



Optional: A (new) script for when you're triggered by trauma. Reminding yourself that there's nothing wrong with you, that it's just your nervous system reacting to what it mistook for a signal of danger, disrupts negative thought patterns and helps you fully inhabit the present. Words of affirmation and compassion can further comfort you. Here's a sample script you can use to inspire this conversation with yourself.

This is my body-mind not realizing I'm safe. A painful traumatic memory may have been triggered, causing my body to react as though I'm in danger. Now, in this moment, as I ground, orient, and center myself, I know that I'm safe. I breathe deeply as I take this in, creating and embodying a new script, "I am safe, I'm healing." I gift myself the kindness and compassion I give to those I love. I am of value. I'm empowered.