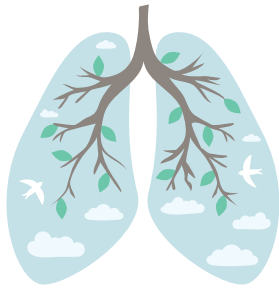


steps to managing

triggers, emotional crisis, overwhelm and/or instability



STEP ONE:
breathe
& surrender



STEP TWO:
become
the observer



STEP THREE:
identify the
thoughts/emotions
behaviors/reactions

The brain wants predictable activity so it can relax the vigilant nervous system.

When in an emotionally fragile state creating a routine from these simple steps will build a foundation of stability you can lean on in times of overwhelm.



STEP FOUR:
face any
insights that
arise head on



STEP FIVE:
practice acceptance,
forgiveness and
non-judgement
of self



STEP SIX:
participate in
an act of self-care