

# Tiny SURVIVAL GUIDE

THE TRAUMA STEWARDSHIP INSTITUTE'S

## 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.

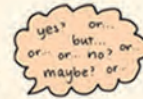


## METABOLIZE ALL YOU ARE EXPERIENCING

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.

