

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

SPEND TIME WITH ANIMALS

↓ stress hormones, ↑ comfort



SIMPLIFY



[less is more]

be mindful 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?