



Becoming TRAUMA-INFORMED

To shield our bodies from undesirable effects of the weather like rain, hot sun or snow, we use umbrellas.

The choice of size, color, type is based on our individual preferences and the function needed and can change from situation to situation.

Having the right umbrella for the circumstance **in advance** of the weather situation is the best-case scenario.



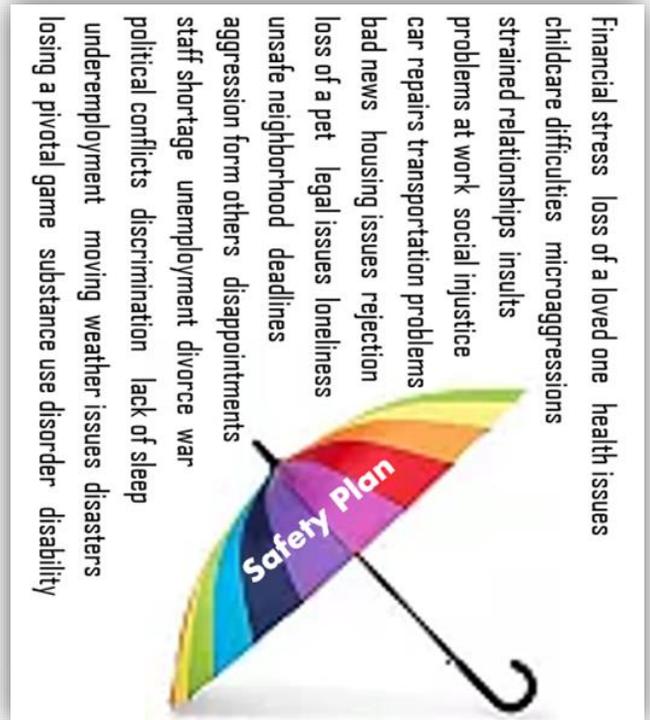
In the same way, **Trauma Safety Plans** are **essential self-care shields** from the adverse effects of toxic stress or trauma.

Safety plans are each person's tools that help to regulate our emotions in potentially emotionally charged situations.

Best case scenario is to have thought through the tools that are the most effective in advance:

- Identified **internal** methods that work best to help calm your emotions, such as: deep breathing, meditating / praying, thinking of gratitude's, mentally identifying each of the 5 senses current experiences, reading, listening to music, etc.
- Identify **external** methods that work best to calm your emotions, such as: talking with a friend or family member, taking a walk or any physical activity, time with pets, playing music or any artistic activity, cooking or any hobby, the previous #TREbit of drinking cold water, etc.

Just like we monitor the weather report, identifying known emotional stressors or potential emotionally stressful situations in advance allows you to modify your day's plans and practice some of your calming safety tools prior to or during the stressful situation. By sharing your safety plan with others, you build supports to help intervene with the tools that work best for you and/or help you to practice utilizing your safety plan tools.



**Step By Step's March #TREbit:
A Safety Plan is like an emotional umbrella to
protect against toxic stress and trauma.**



#TREbit

A Safety Plan is like an emotional umbrella to protect against toxic stress and trauma.



(Front)



My Safety Plan



Internal Tools:

- 1.
- 2.
- 3.
- 4.

External Tools:

- 1.
- 2.
- 3.
- 4.



(Back)