



#TREbit - THINK COLD WATER

Scientifically, drinking cold water diverts the brain from whatever is causing the agitation, resulting in a calmer brain state.

Welcome to Step By Step's transformation toward becoming:

- **Trauma-Informed**
- **Resilience-Oriented**
- **Equity-Focused!**



You are a valued participant
in this process.

Look for more information from the
Step By Step TRE Project Team for
exciting steps, tools, and opportunities!



For More Information:

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#TREbit (Bite-sized tidbits)