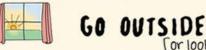
# THE TRAUMA STEWARDSHIP INSTITUTE'S

#### PROTECT YOUR MORNINGS

[or whenever you wake up] less cortisol, more intentionality.



[or look outside]

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

 $\downarrow$  stress hormones,  $\uparrow$  comfort.

#### METABOLIZE ~~~~~~ EXPERIENCING re-regulate your nervous

system.

#### SIMPLIFY



[less is more] be aware of decision fatigue + cognitive overload.

#### ADMIRE ART

the gift of feeling transported.

# hamai LAUGH

pure humor = a sustaining force.

#### FOSTER HUMILITY & EXTEND GRACE

self-righteousness + hubris = unhelpful.

#### 222....

to cleanse + repair brain + body.

#### CLARIFY INTENTIONS

how can i refrain from causing hann, how can i contribute meaningfully?

### BE REALISTIC + COMPASSIONATE

Lwith yourself] be mindful of the quality of your presence. it means so much to others.

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