

FOR SURVIVORS, FROM SURVIVORS

Travel Tips for your Journey

We all deal with trauma differently and there are many possible reactions you may be experiencing. Below are a few tips from other survivors that we found helpful while coping after trauma.

"SELF CARE"

taking care of yourself today and after today

Your most important responsibility in our survivor community is to take care of yourself - especially if you feel distressed.

Here are a few ideas:

- Be kind in the way you think or talk about yourself - don't be hard on yourself
- Give yourself permission to cry or "let it out" if you need to
- Give yourself permission to take a break
- Try reflecting on things that make you feel grateful
- "Treat yo'self!" / give yourself a treat
- Explore a spiritual connection as you define it
- Explore meditation
- Eat healthy foods, drink plenty of water, and get enough rest or sleep
- Get some physical activity (e.g. stretch, walk, dance around the house)
- Hang out with or reach out to a friend - call, text, email, or write a letter
- Spend some time with pets or animals
- Find a way to laugh or smile (e.g. a funny movie, a favorite song)
- Share your experiences with someone who supports you
- Let the people who support you know what you need from them
- Remember others have been through similar journeys: you are not alone
- Give yourself credit for every step you take on your journey
- Share your favorite self-care tips with others!

"GROUNDING"

getting back to the present moment
if you feel distressed

The idea of grounding is to keep yourself from feeling overwhelmed by doing simple physical or mental activities.

Here are a few of our favorites:

- Push your feet into the floor, grab the sides of your chair, or touch a nearby object
- Carry or hold a meaningful or soothing object (e.g. a worry stone)
- Wear a meaningful piece of clothing or jewelry
- Practice breathing exercises (e.g. take a deep breath and let it out slowly)
- Look at photos that make you feel happy or enjoy a beautiful view
- Take a break with sound (e.g. listen to music, try noise-canceling headphones)
- Try something with a strong taste (e.g. tart berries, minty gum)
- Enjoy a strong or soothing scent (e.g. mint, palo santo, coconut)
- Do something diverting (e.g. coloring or just doodle on this page!)

These tips came from survivors on the Communities Healing and Transforming Trauma (CHATT) Speakers Bureau at the Trauma Recovery Center in San Francisco.

There are many paths to healing. These are just a few ideas we learned from many different resources and from our own experiences.

We wish you all the best on your healing journey. Whatever your path, always remember:

There is no "right way" to heal.