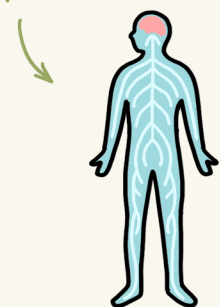


# OVERCOMING OVERWHELM & TRANSFORMING TRAUMA

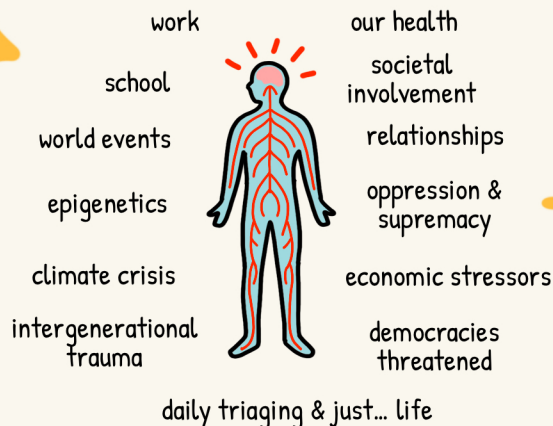
*with The Trauma Stewardship Institute*

*here's me, feeling good*



Ideally our nervous system & brain = spacious and regulated, so we're present & responsive, not ruminating & reactive.

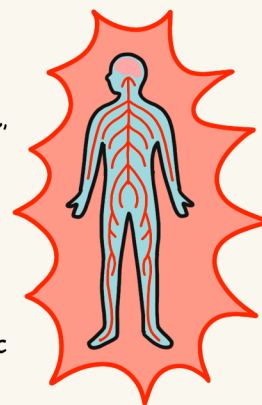
But, stress can saturate us, including, but certainly not limited to:



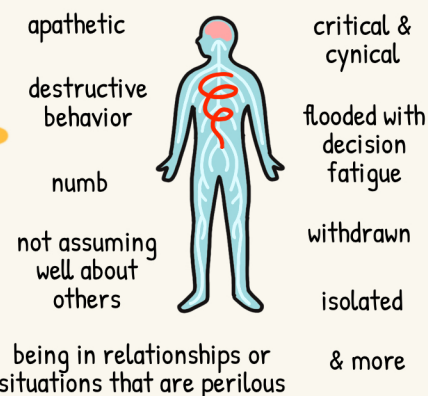
And once saturated, we rupture.

Internally (i.e. anxious, exhausted, overwhelmed, ill, obsessive)

Externally (i.e. edgy, irritable, aggressive, impatient, toxic behavior)



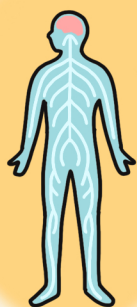
One cost of being saturated & rupturing is living in fight/flight/freeze/fawn. When not necessary, it becomes maladaptive & can result in:



## *What to do?!*

**#1** In an effort to sustain ourselves, avoid...

unmindful social media  
excessive/unproductive news consumption  
unhealthy relationships



*our attempt at portraying a protective force field*

other threats to the nervous system

**#2** Metabolize accumulated saturation through...

engage our bodies/minds (i.e. movement, meditation, working out, prayer, yoga)

gratitude (notice what's going well)

nervous system resets (i.e. rest/sleep, being/looking outside, acupuncture, alternate being warm/cold)



humor (laughter & reframing = powerful forces)

connection (i.e. to loved ones & strangers, animals, art/music/nature)

With all that is unfolding in ourselves/our lives/our world, let's tend to ourselves & each other with grace & humility. Pace ourselves, not take ourselves too seriously, and bring the best parts of ourselves to the fore. However we define leaving the world a better place, through the minute moments to the grandest efforts, let's never underestimate our ability to ease suffering & contribute to both the communal repair of our world and the subsequent awe of what it means to be alive.

*when talking about our nervous system, we mean both our individual nervous systems but we also believe where we live has a nervous system, as do our schools & workplaces, our communities & country, etc. So this refers to our collective nervous systems, too!*