



#TRIGGERED:

COPING WITH INCREASINGLY DIFFICULT TIMES

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This is a teaching talk.

Here's what you'll learn in this brief talk:

1. What does “triggered” mean?
2. How to identify triggers
3. What isn't helpful action when you are triggered
4. What is helpful action to take when triggered
5. How to develop the coping skills that work for you
6. Where to find help to support that work you're doing

TRIGGERS

Internal:

- Thoughts, memories, body responses

External:

- Situations, people, places, language used, witnessing abuse/mistreatment or accidents, anniversaries, holidays, media content, ending relationships, politics



DAILY COVID-19 SCENARIO

01

YOU'RE OUT IN PUBLIC

People are wearing masks. It feels like a dystopian movie.

02

YOUR HEART BEATS FASTER

You try to reassure yourself by avoiding thinking about your fear

03

YOU FEEL SHORT OF BREATH

It's hard/impossible NOT to think about it. You are mad that you can't stop thinking about it and mad at others around you who seem to think differently than you about it.

04

YOU FEEL OUT OF CONTROL

You might fight (yell at others), freeze (feel trapped and not know what to do), or flee (abruptly leave the situation) in a heightened emotional state



“

Avoiding your triggers isn't healing. Healing happens when you're triggered and you're able to move through the pain, the pattern, and the story - and walk your way to a different ending. ”

-VIENNA PHARAON

WHAT TO DO, WHAT TO DO?!



IDENTIFY YOUR TRIGGERS



AVOID AVOIDANCE



DEVELOP HEALTHY COPING SKILLS



DEVELOP A SAFETY PLAN



TRIGGERS

Internal:

- Thoughts, memories, body responses

External:

- Situations, people, places, language used, witnessing abuse/mistreatment or accidents, anniversaries, holidays, media content, ending relationships, politics



01

IDENTIFY TRIGGERS

1. Start paying attention, without judgement, to how your mind, heart, and body respond when triggered, when you feel uncomfortable, or unwell.
2. Try to observe this without criticizing yourself.
3. These are your mind/body defenses to keep you safe.



02

AVOID AVOIDANCE

1. Fight/Flight/Freeze feels UNCOMFORTABLE
2. We want to avoid feeling uncomfortable, so we try to stay away from triggers
3. This can be helpful and also hurtful because we can't control avoidance of ALL triggers
4. Triggers are messengers for the unhealed parts of us that need attention.
5. Take steps to learn healthy and adaptive coping
6. Avoid unhealthy, maladaptive coping - BUT - recognize unhealthy coping as just that - attempts to cope.



Let's rewind: COVID-19 SCENARIO

01

YOU'RE OUT IN PUBLIC

People are wearing masks. It feels like a dystopian movie.

02

YOUR HEART BEATS FASTER

You recognize that you're feeling triggered. You take a (mental) step back, and take a deep breath. You give yourself a moment without judgement to breathe and be uncomfortable and scared.

03

YOU FEEL SUPPORTED

Your heart begins to slow again. Your thoughts are supportive and you remain connected to those around you, knowing many feel the same as you do and you are not alone.

04

YOU REGAIN CONTROL

You get back to your business in a regulated emotional state.

03

DEVELOP HEALTHY COPING SKILLS

Ummm, HOW DO I DO THAT???

1. Take a mental step back when you recognize you're feeling uncomfortable, or when you know you'll encounter a trigger.
2. Give yourself permission to take deeper breaths. Shallow breathing leads to anxiety and panic and, therefore, fight/flight/freeze
3. Give yourself permission to be uncomfortable. You don't have to be ok with what you see now or ever. It's ok you're uncomfortable.
4. You can say it out loud: "I'm uncomfortable with this." "I don't like what I see here." "I need a minute."
5. Tune into your body and mind. What thoughts do you hear? What is your body trying to say?



03 (cont.): Grounding

6. If your inner alarm is still sounding, try a “grounding exercise.”

- What are 5 things that I can hear right now?
- What are 4 things that I can see right now?
- What are 3 things that I can touch right now?
- What are 2 things that I can smell right now?
 - If I can't smell anything right now, what does my deodorant smell like?
- What is 1 thing that I can taste right now?
 - If I can't taste, what would it taste like if I had a juicy lemon wedge in my mouth right now?
- My feet are on the ground. My body is supported. I am standing right here, breathing. I'm all good.



04

CREATE A SAFETY PLAN

When you're grounded and well-regulated, write a plan to remind yourself what you did to help yourself feel better.

- Steps to feel safe again
 - Breathe
 - Take a moment
 - Evaluate safety
 - Say "I am safe here. I am in no harm. I will stay safe here or leave to be safe elsewhere."
 - Grounding exercise
 - Put on favorite Hamilton song
 - Phone a friend
 - Get up and walk around
 - Dance around
 - Go outside and be in the sunlight
 - Water plants
 - Talk to my son
 - Take a chore break
 - Take my vitamins
 - Make a hot beverage
 - Take an epsom salt bath



04 (cont.)

PRACTICE SAFETY PLAN

1. Practice when you AREN'T TRIGGERED
2. Practice when you are experiencing a LITTLE discomfort or feel a LITTLE triggered
3. DO NOT WAIT FOR AN OVERWHELMING TRIGGER
4. Triggers happen when you least expect them. You're working on healing but the scar's still there.
5. Practicing = developing those healthy skills
6. Not practicing = staying stuck
7. The more you practice, the better prepared you are to handle whatever life throws at you in a calm, regulated way.
8. When you practice caring for yourself, you can get back to business more quickly and less painfully.



GET HELP NOW

If you've tried everything we've talked about today but you find it impossible to self-regulate when triggered and you feel out of control a lot of the time, it's time to get the help you deserve.

If you need help NOW:

National Suicide Prevention Lifeline

- 1-800-273-8255 (24/7/365/toll-free)

Mobile Crisis Response Team

- Google in your state (AZ 602-222-9444)
- Ask your health insurance

Tragedy Support Line

- 1-800-203-2273 (24/7/365/toll-free)



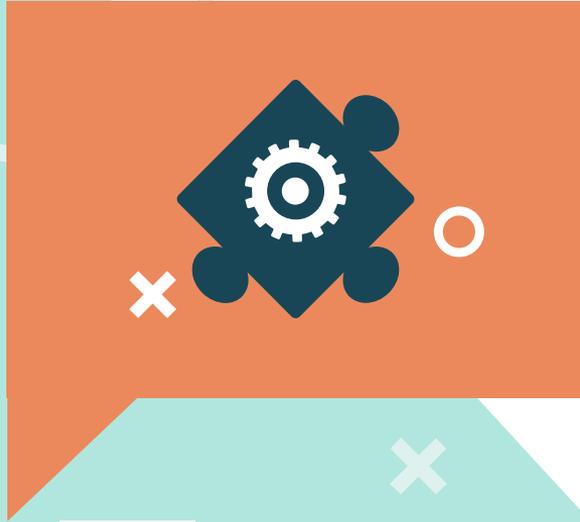
GET HELP DEVELOPING A SAFETY PLAN

Your wellness plan should include:

1. Increasing social supports
2. Minding nutrition and sleep
3. Moving your body
4. Limiting screen time and media exposure
5. Entering or increasing frequency of trauma-informed therapy visits, such as EMDR, MBSR, and DBT.
6. Listening to trauma-informed podcasts or reading books
7. Medication therapies if recommended



**DO THE WORK.
STOP LIVING AT
THE MERCY OF
YOUR TRIGGERS.**



THANKS

Do you have any questions?

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**A PICTURE
ALWAYS
REINFORCES
THE CONCEPT**



SCHEDULE

Jan

Feb

Mar

Apr

May

Jun

Task 1



Jan 1 - Feb 28

Task 2



Jan 1 - 27

Task 3



Feb 1 - Mar 25

METHODOLOGY

NEPTUNE

Neptune is the farthest planet from the Sun

MERCURY

Mercury is the closest planet to the Sun



VENUS

Venus is the second planet from the Sun

JUPITER

Jupiter is the biggest planet of them all



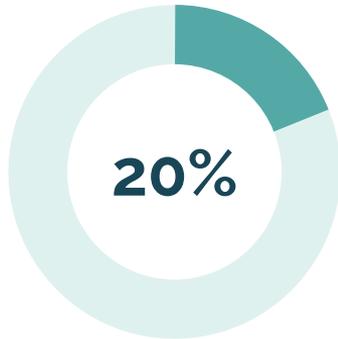
**A PICTURE IS WORTH A
THOUSAND WORDS**

COMPARISON

	JUPITER	MERCURY	VENUS	MARS
Add a characteristic here				
Add a characteristic here				
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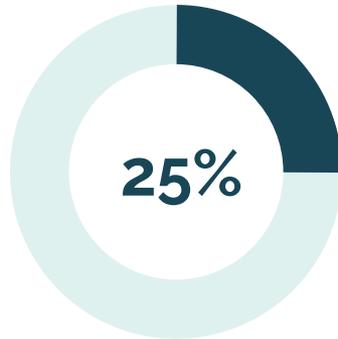
HOW ABOUT SOME PERCENTAGES?

Mercury



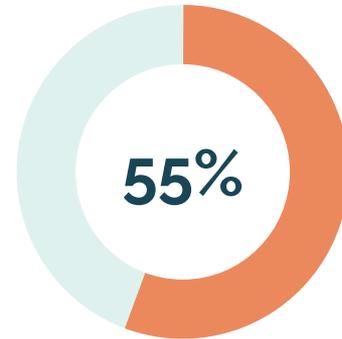
Mercury is the closest planet to the Sun

Saturn



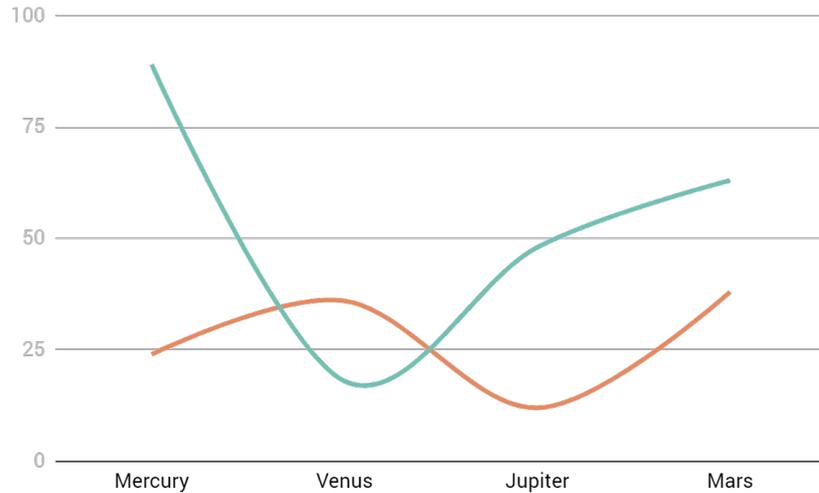
Saturn is composed of hydrogen and helium

Venus



Venus is the second planet from the Sun

RESULTS ANALYSIS



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VENUS

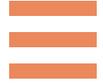
Venus is the second planet from the Sun



JUPITER

Jupiter is the biggest planet of them all

THIS IS A MAP



NEPTUNE

Neptune is the farthest planet from the Sun

MERCURY

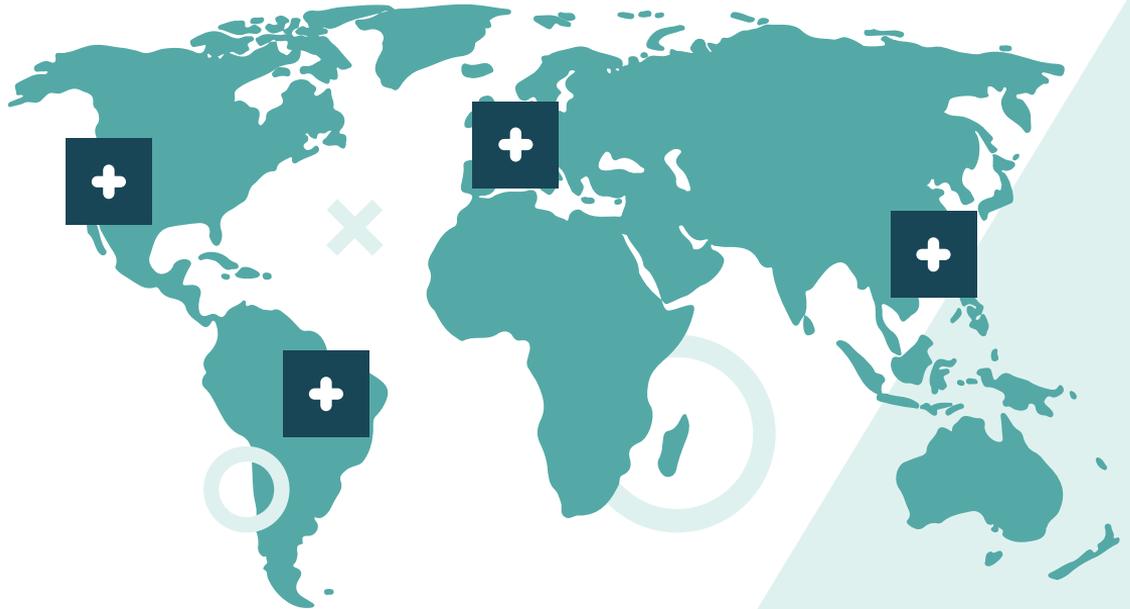
Mercury is the smallest planet in the Solar System

VENUS

Venus is the second planet from the Sun

JUPITER

Jupiter is the biggest planet in the Solar System



ADDITIONAL CONCEPTS

01

NEPTUNE

Neptune is the farthest planet from the Sun

02

VENUS

Venus is the second planet from the Sun

03

MARS

Despite being red, Mars is actually a cold place

04

MERCURY

Mercury is the closest planet to the Sun

05

JUPITER

Jupiter is the biggest planet of them all

06

SATURN

Saturn is composed of hydrogen and helium

CONCLUSIONS



VENUS

Venus has a beautiful name and is the second planet from the Sun. Its atmosphere is extremely poisonous



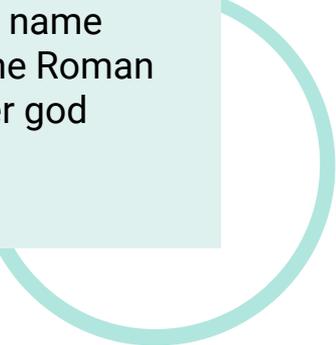
MERCURY

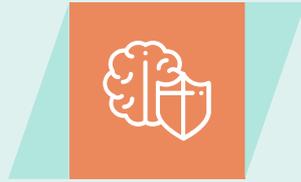
Mercury is the closest planet to the Sun and the smallest one in the Solar System—it's a bit larger than the Moon



JUPITER

Jupiter is the biggest planet in the Solar System. Its name comes from the Roman messenger god





4,498,300

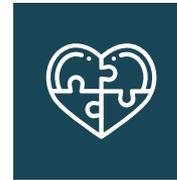
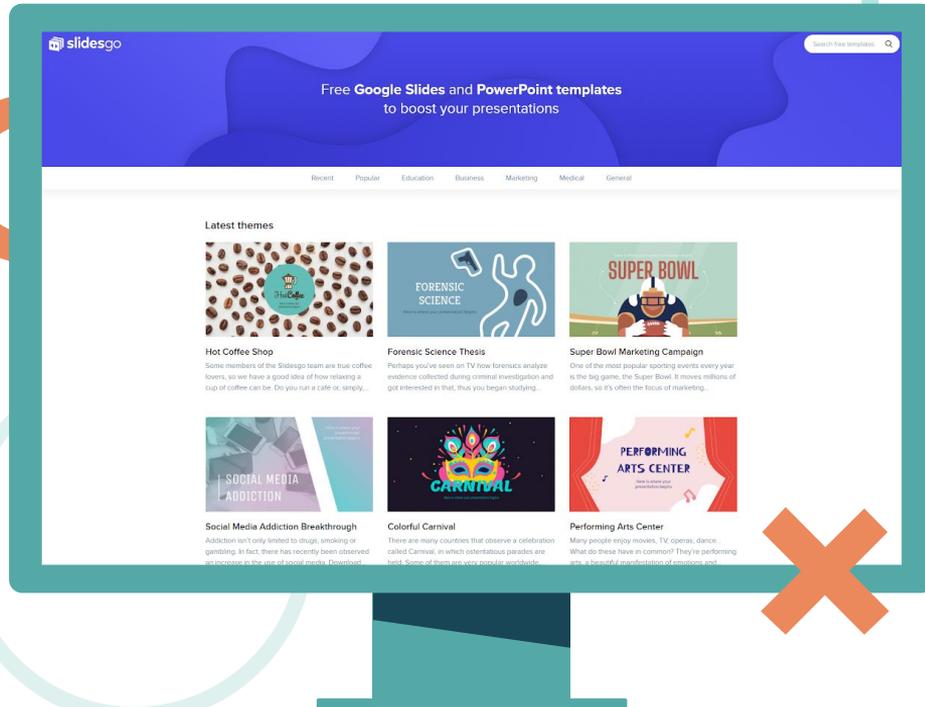
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THANKS

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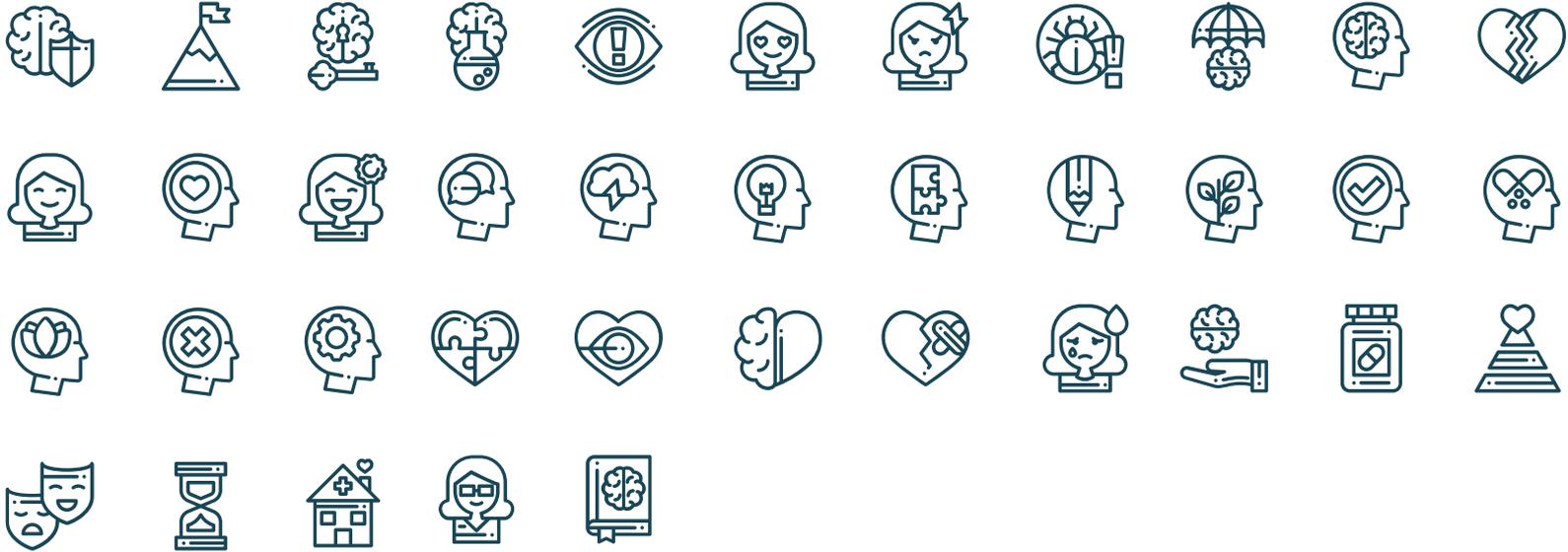
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- Psychology Icon Pack

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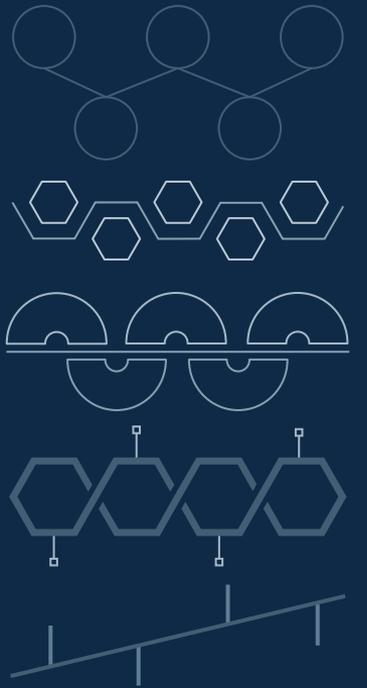
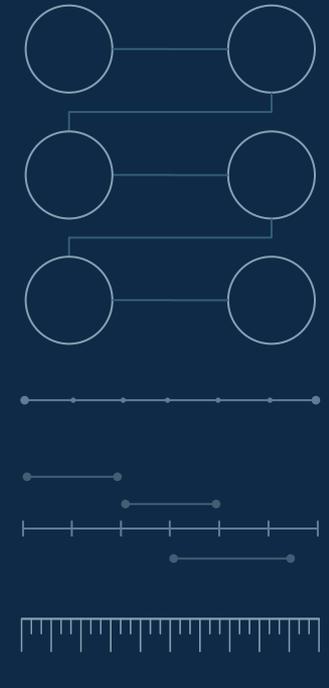
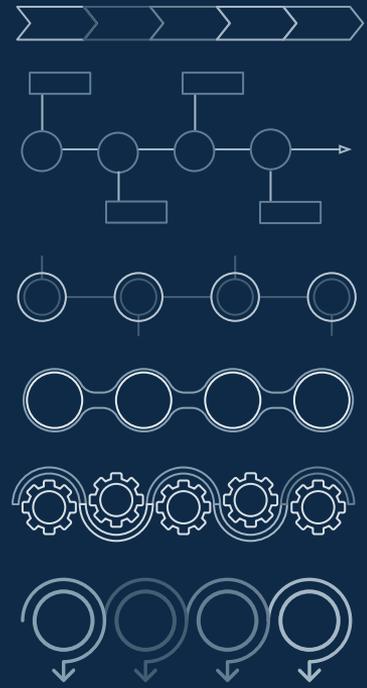
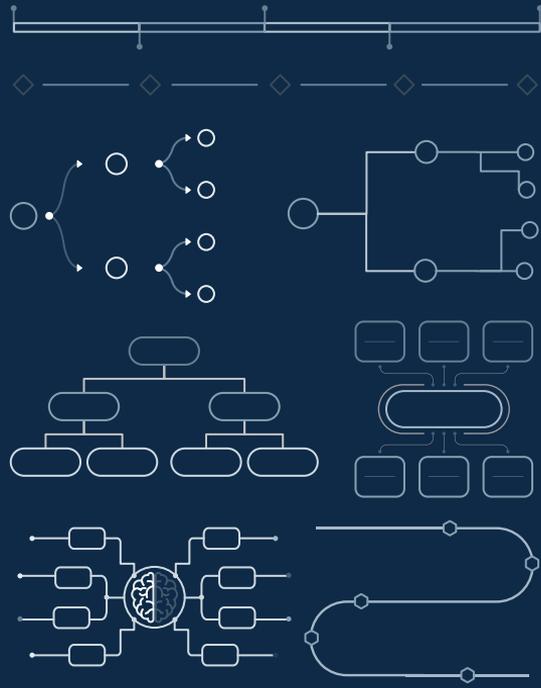
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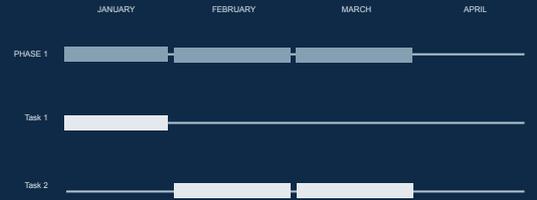
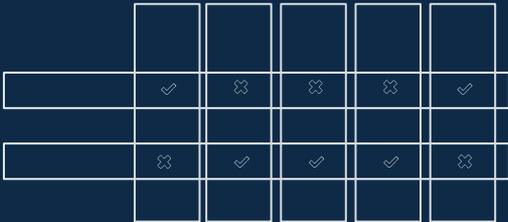
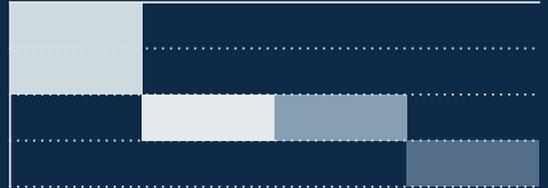
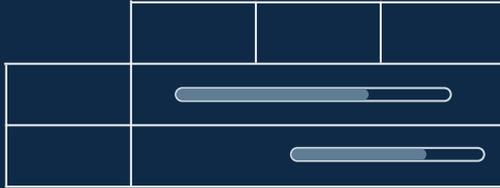
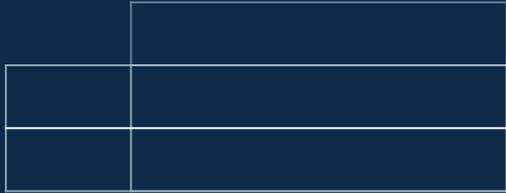
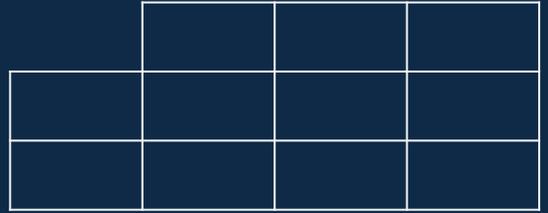
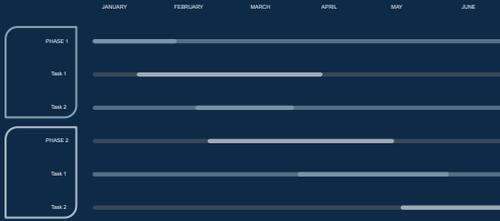
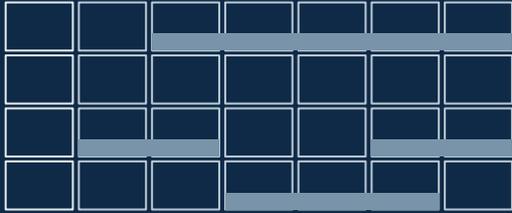
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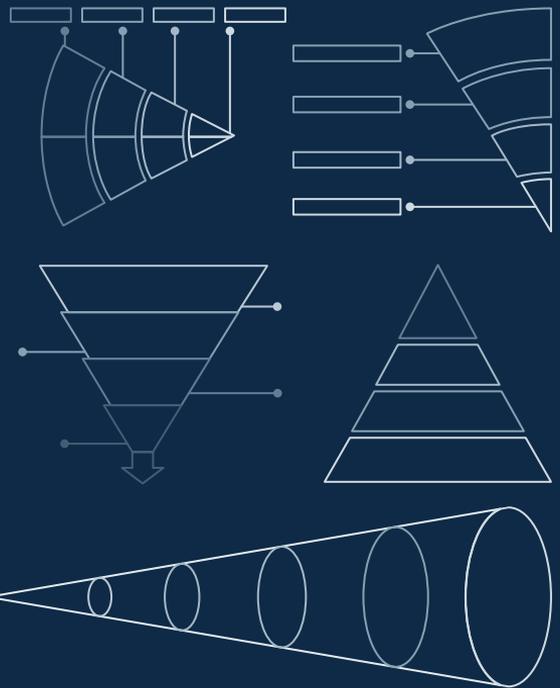
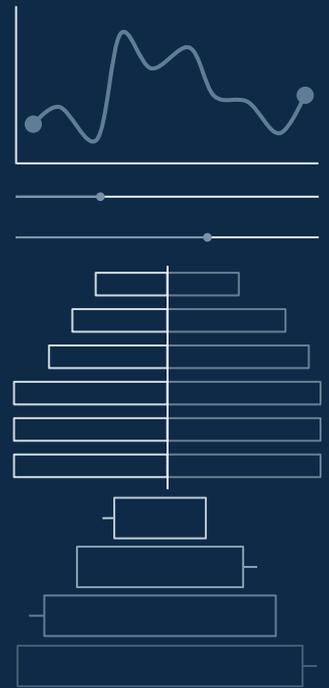
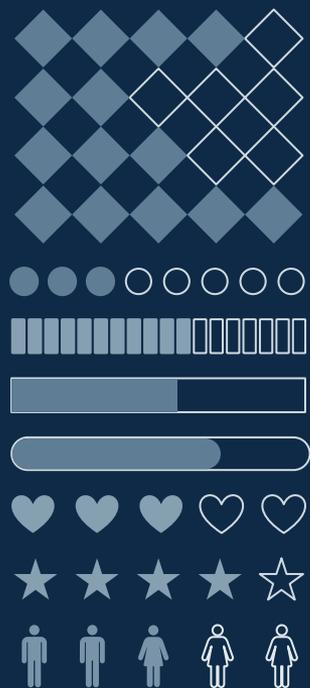
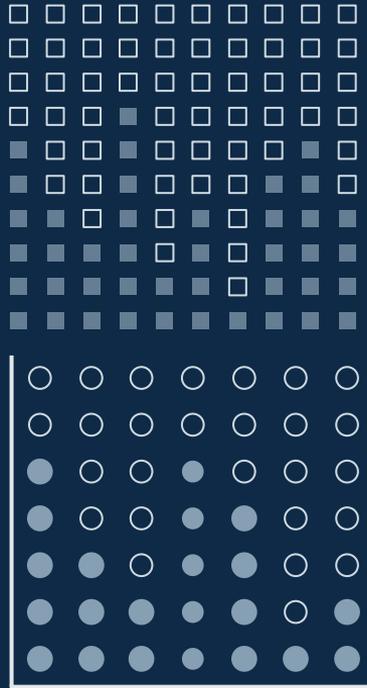
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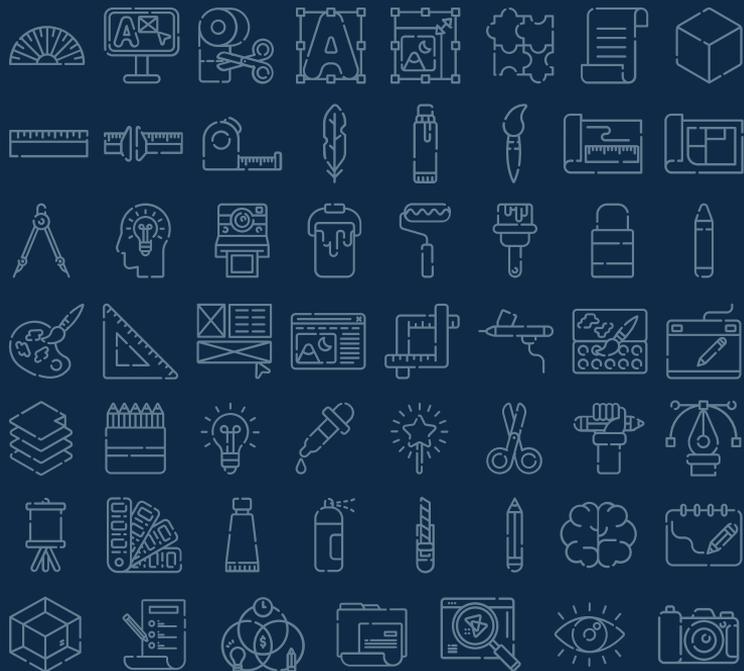
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