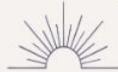


KRISTIN SNOWDEN

the journey from crisis to clarity



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courage_2_connect



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SETTING UP SELF-CARE ROUTINE

Experiencing betrayal can cause extreme emotional flooding; making self-regulation difficult. When the mind and body are in a state of panic or “survival mode”, it is almost impossible to think clearly and rationally. It is important to have safe outlets in the recovery process along with defined “rules of engagement” with your partner

MENU OF DOWN/UP-REGULATING OPTIONS

Try to incorporate these practices and behaviors into your daily life to heal/rewire your trauma response and help improve your sense of safety when engaging in vulnerable, intimate connections with others

Grounding techniques	Eat right
Mindfulness meditation	Avoid substance use/abuse
Visualizations	Tapping Arms or Legs rhythmically
Body Scan/Progressive Relaxation	Journaling
Breath work	Gratitude List
Dance/movement/Stand on One Foot	Talk to a trusted person
Tai chi/qigong	Go out in nature
Yoga	Serve others/community service
Engage in a spiritual/religious practice	Neurofeedback
Pets/animal therapy	Social Engagement
Sleep	Healthy/Safe touch (hugs, massage, etc.)
Exercise	Big Sighs
Sing Songs	Scream into a pillow
Play Instrument	Get a punching bag
Play a sport, ride a bike	Attend a support group/share your story with people who are safe
Talk therapy	

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