

# Tiny SURVIVAL GUIDE

THE TRAUMA STEWARDSHIP INSTITUTE'S

## PROTECT YOUR MORNINGS

[or whenever you wake up]

less cortisol, more intentionality



## GO OUTSIDE

[or look outside]

perspective, context +  
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

## SPEND TIME WITH ANIMALS

↓ stress hormones, ↑ comfort



## SIMPLIFY



[less is more]

be mindful of decision  
fatigue + cognitive overload

## ADMIRE ART

the gift of feeling transported



## LAUGH

pure humor = a sustaining force

## FOSTER HUMILITY & EXTEND GRACE

self-righteousness  
+ hubris = unhelpful

## SLEEP



to cleanse + repair brain + body

## CLARIFY INTENTIONS

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