THE TRAUMA STEWARDSHIP INSTITUTE'S
Tiny Survival Guide

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

 spends 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?