

These 4 tips Will Help You Manage Your Triggers



Grounding Techniques

Grounding techniques are strategies that help you stay focused on the present moment and reduce distress or anxiety.



Present Moment Awareness



Paying full attention to what's happening right now, without getting distracted or passing judgment, promoting mindfulness and mental presence.



Journal

Write down times you feel overwhelmed and recognize the pattern.



Self-Care



Taking care of yourself can help handle triggers by giving you tools and activities that support your emotional well-being and

resilience.