



STRESS AND CREATING A SENSE OF SAFETY AND WELL-BEING

- Consider the trauma we have all experienced with COVID-19.
- Reflect on how we have been overloaded with stress, worry, trauma, and heightened alertness as to danger.
- Reflect for a moment about what we know about the impact of all of this on our brains, our minds, and our bodies.
- Consider how your own stress impacts those around you.
- Consider people you know who are struggling the most. We even know that sometimes as stress accumulates, we disassociate from our experiences, our bodies, and ourselves. In a way, we become alienated from our true selves.

Being a Protective Factor. Now imagine ways to create a greater sense of safety and well-being, of being a protective factor for others, and of finding small experiences of joy.