## TRAUMA TIDBITS

## October 2022

## What is trauma?

Trauma is an exceptional experience in which powerful and dangerous events overwhelm a person's capacity to cope. (Rice & Groves, 2005, p. 3)



## **Building Resilience**

When things don't feel like they are heading in the right direction try to **WOOP** it out! Identifying a goal can help create longer term positive thinking.

#### Wish

What is your wish?

#### **Outcome**

What is the best outcome that could happen?

#### **Obstacle**

Brainstorm what obstacles could come into place?

#### Plan

Make a plan for how to overcome those obstacles if they occur.

### **Core Values of Trauma**

- 1. Safety
- 2. Trustworthiness
- 3. Choice
- 4. Collaboration
- 5. Empowerment

# Classroom Implementation SAFETY- Try This!

 Continue working to build relationships.

Click to TRY the 2 x 10 rule

- Commit to being hypervigilant to being consistent and predictable:
  - Review class agenda
  - Have clearly defined behavior expectations (CHAMPS)
  - Clearly define steps to upcoming transitions

## **Personal Wellness**

Make a conscious effort to put yourself first. 鶑 Eat your Wake up 30 min. favorite "guilty earlier than usual Get outside pleasure" to slow down food, but minus in any way you & enjoy the little are able; sit on the guilt! things about a porch space or your morning. go on a walk. Play a fun game On your next that you enjoy. walk, look out for beautiful Put your phone flowers to smell. away for the Work on your night 1h before deep breathing! bed one night. Go out of your Write a journal Floss! Your gums entry about your way to drink will thank you! extra water feelings. for a day. If you'd like continue the journal daily or weekly.