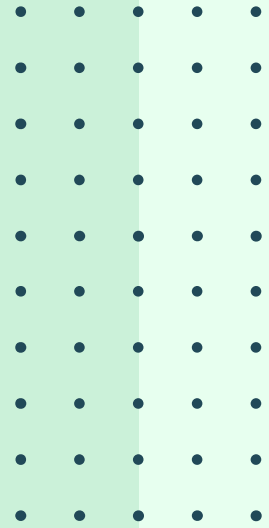


Think Less, Vibe More

Week 8: Triggers/ Window of Tolerance



Presented by *Student Health and Counseling Services*

Safe Person Exercise

Think of an imaginary or real person (s) who is
WISE
NURTURING
PROTECTIVE

They are well intentioned, know you very well, cannot criticize you and always has something for you.

Eg. family members (not parents), teachers, friend, mentors, public figure, celebrity, literary figures, cartoon characters, religious figure, animals, protector symbols, mythical figures, amalgam of parts of self.

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Zoom Guidelines

01. Please mute your audio while others are talking and type any questions into the chat box

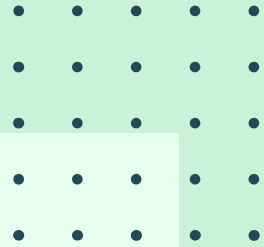
03. Confidentiality & Zoom limitations

02. Your video can be off or on, whatever makes you most comfortable

04. Any other suggestions?

Community Agreements

1. Push yourself to participate
2. Focus on your own experience
3. Share headlines, not details
4. Step forward, step back
5. Ask others before giving them feedback
6. Assume positive intent from others
7. Take responsibility for your needs
8. Other suggestions?



Weekly Check In

Review: Creating Meanings

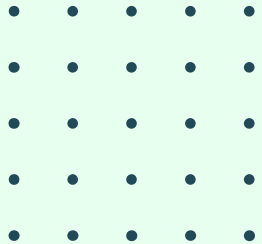
How are you (*weather analogy*)? What safe vibing skill did you use this week?

- ✓ Ask for Help
- ✓ Cry
- ✓ Choose self respect
- ✓ Take good care of your body
- ✓ Compassion
- ✓ Create a new story
- ✓ Structure your day
- ✓ Trust the process
- ✓ Reframe setbacks
- ✓ Focus on now

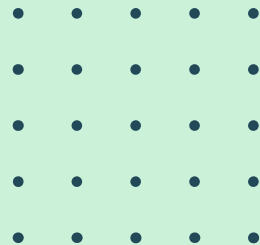
01.

Triggers

What are they & What do they look like?



About Triggers



Triggers are:

- Anything that sets off an intense emotional reaction often causing extreme distress or overwhelm (fight, flight, freeze, fawn)
- internal (something that comes from a thought or emotion)
- external (something in the outside world that causes a reaction)

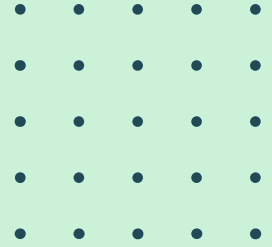
Triggers can be sudden.

Triggers can affect your ability to remain present in the moment.

It may bring up specific thought patterns (eg. from trauma) or influence your behavior.

Triggers Look Like

Reflection: What are your triggers?



INTERNAL TRIGGERS (eg)

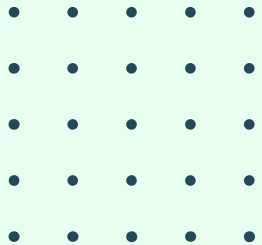
- Feelings of anger, anxiety/stress, or sadness
- Memories
- Loneliness
- Frustration
- Feeling out of control
- Feeling vulnerable
- Racing heartbeat
- Physical pain
- Negative self-talk
- Intrusive thoughts

EXTERNAL TRIGGERS (eg)

- Seeing something on the news or online
- Watching a movie or television show
- Certain smells
- The anniversary of a significant or traumatic event
- Holidays
- Visiting a specific place
- Seeing a certain person
- Social pressure
- Relationship conflicts

02. Window of Tolerance

Explanation



Window of Tolerance

Triggers can send you out of the window

Not something you chose

Reactions take over

-Hyperarousal

-anxious, angry, out of control, panic

-body wants to fight or run away

Or

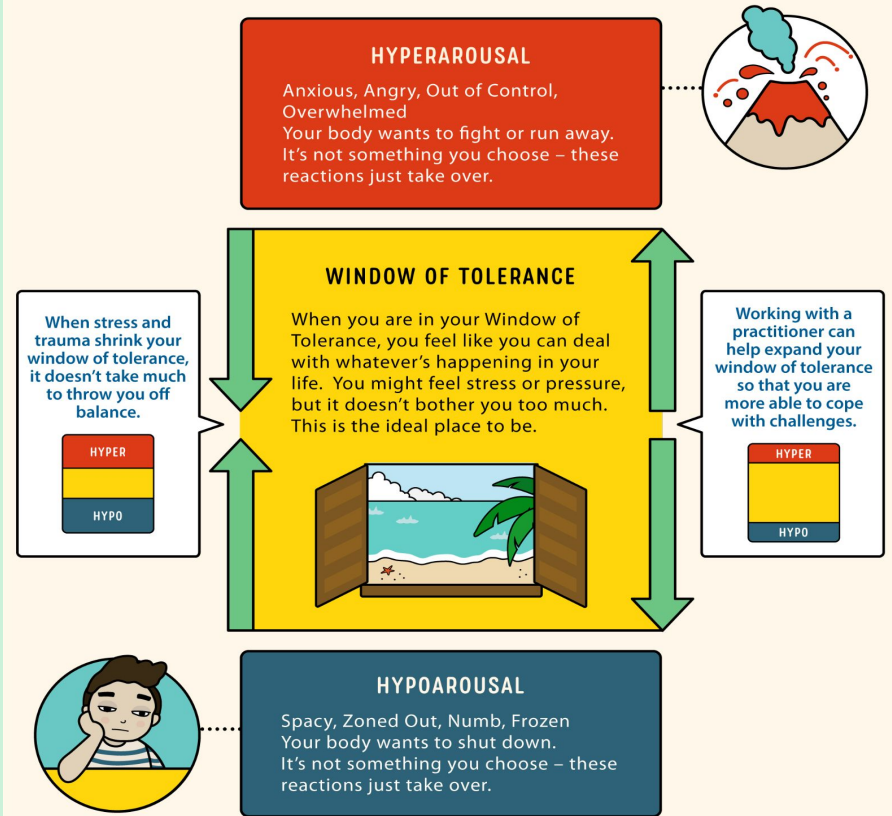
-Hypoarousal

-spacey, zoned out, numb, frozen

-body wants to shut down, collapse

-threatened, dissociative

How Trauma Can Affect Your Window Of Tolerance



Window of Tolerance

How to get back into our window of tolerance (eg)

-Hyperarousal

+Diaphragmatic Breathing

+Yoga

+Meditation

+Drinking water or creating saliva



Widening our Window of Tolerance (eg):

+Regular compassion focused strategies

+Safe visualization/ resourcing

+Building social connections

+Practicing mindfulness

+Practicing safe containment

+Processing our trauma

-Hypoarousal

+Grounding tools (naming, 4 Elements)

+Breathwork

+Physical movement

+Humor

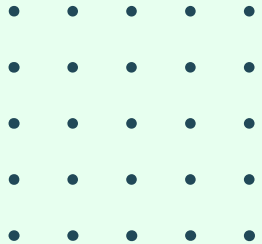
+Scaling



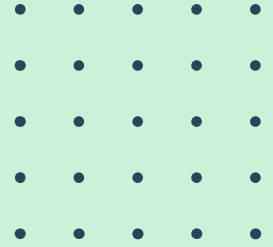
02.

Me & My Triggers

Exploring your relationship
with your triggers



Evaluate Your Triggers



- **It is okay to sometimes avoid external triggers**
 - as long as this avoidance doesn't negatively interfere with your day-to-day quality of life
- **Try to continually evaluate your triggers and to practice good coping strategies (widen your window of tolerance)**
- **Strive for Balance:** you may feel too much at times, (hyperarousal) and too little at other times (hypoarousal). To best fight triggers, the goal is balance; practice active awareness, be conscious, and in touch with reality so that triggers do not control you

Evaluate Your Triggers



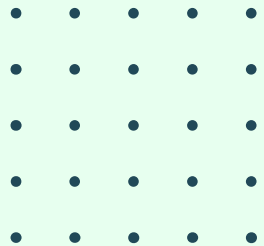
When you find yourself faced with a trigger, do your best to ask yourself the following questions:

- What type of situation are you in? Are you safe?
- What is happening around you?
- What kind of emotions are you feeling?
- What thoughts are you having?
- What does your body feel like?

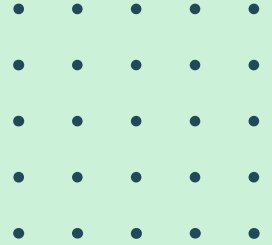
Remember, **R**ecognize, **A**cknowledge, **I**nvestigate, **N**urture (**RAIN**)

What are some ways you can nurture yourself when triggered?

05. Reflect & Debrief



Reflect & Debrief



Reflect/ Debrief

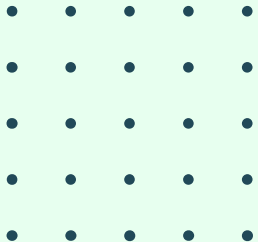
Any thoughts? Questions?
Reflections? Reactions?

Check Out Question

1 thing you are taking away
from the group & 1 technique
you are committing to do for
yourself this week

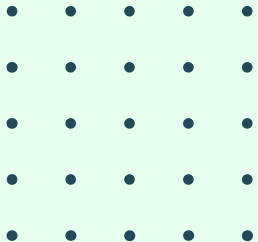
Additional Resources

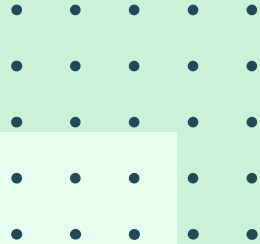
- **Apps:** Wysa, MoodMission, Shine, Happify, Calm, MindShine, QuitThat!
- **Counseling Groups** throughout every week
 - TLVM Part 2 Group (Rising Strong)
 - TLVM offered in Spring
 - The Struggle is Real (Dep group)
- **Student Well-Being**
- **SHCS Instagram** - @eastbayshcs
- **Feedback Form**



Additional Resources

- **Apps:** Wysa, MoodMission, Shine, Happify, Calm, MindShine, QuitThat!
- **Counseling Groups** throughout the week
- **Student Wellness Resources** (linked in QR code)
- **Student well being:** Basic needs
- **Pioneers for HOPE** - support with food and housing
: @Pioneersforhope
- **SHCS Instagram** - @eastbayshcs





Thanks for joining!

We hope to see you next week for
our last week/ reviewing our time
together!

