

WHAT CAN I DO ABOUT TRAUMA AND ADVERSE CHILDHOOD EXPERIENCES?



Resilience Starts With You

Use Universal Trauma-Informed Care Precautions

Ask "What Happened to You" instead of "What's Wrong with You"



- Consider everyone may have a history of trauma
- Remember behavior is an attempt to find regulation
- Seek to understand what triggers a behavior
- Avoid judgement- instead- be curious
- Build trust and help the person feel safe
- Be present & show concern (empathy)

Stay Grounded

Find self-care activities that work for you



- Remind yourself to slow down
- Watch for signs of compassion fatigue, job burnout
- Find in the moment self-care activities
- Develop daily self-care practices
- Connect with nature- get outside
- Seek out support

Find Your Brave Space

We all cause harm



- Engage in self-reflection
- Be kind to yourself
- Examine how values, implicit bias, & trauma experience may impact your work with others
- Seek guidance from a supervisor
- Practice Rupture and Repair in Relationships

Nurture Social Connections

Resilience Happens in Relationships



- Be a role model for healthy relationships
- Acknowledge other's pain & let them know they are not alone
- Support struggling parents by focusing on strengths & increasing confidence
- Engage in play activities together (adults & kids)
- Share social/community events with others

Be a Trauma-Informed Care Champion

Trauma-Informed Care (TIC) is a way of being



- Ensure TIC is everyday practice and not a checkbox
- Talk to others at work, community & home about ACE's, trauma, & resilience
- Volunteer to be a TIC leader in your workplace or community
- Practice TIC wherever you go-the gas station, grocery store, park, etc
- Practice random acts of kindness

Stay Engaged



Keep Learning

- Check out books, articles, videos, TED talks on toxic stress, trauma, ACE's & resilience
- Subscribe to a Trauma-Informed Care Newsletter
- Attend trainings & seminars

Remember any one can be a TIC steward in any moment