

MANAGING TRAUMA-REACTIONS DURING STRESSFUL TIMES

INCREASE

Predictability

- Establish routines through a simple schedule: [balance](#) work + play + self-care
- Plan things to look forward to, no matter how small
- Set recurring virtual meetings with loved ones

Connection

- Reach out at least 1x per day
- Share meals, make music/sing together, [play games](#)
- If you can, choose video or phone conversations over simple text messages

Safety

- What makes you feel safe: soothing music, pleasant scents, [gentle touch](#)
- Create privacy physically and mentally
- If you are not safe, don't wait to reach out: call 1-800-799-7233 or through [chat](#)

Purpose

- Maintain connection to loved ones to be supportive during these [changing times](#)
- Practice [self-compassion](#)
- Explore your spirituality

DECREASE

Immobility

- Get up every hour and stretch, set a reminder
- Move your body, e.g. [W&M FitWell Classes](#)
- Change your perspective by moving your chair/couch

Numbing

- Limit mindless distractions (e.g. 1h of browsing), then return to scheduled activities
- Limit/abstain from alcohol and other substance use
- Use mindfulness to feel grounded in the moment, e.g. [W&M Mindfulness videos](#)

Losing Sense of Time

- Remind yourself this will not last forever!
- Plan [pleasant activities](#) for each day and for after this is over
- Keep your sleep schedule on track, e.g. [W&M A Rested Development](#)

Source:
van der Kolk, B. (2020).
Global Coronavirus
Crisis – Steering
ourselves and our
clients through new and
developing traumas

Created by William & Mary Counseling Center. For brief supportive services during business hours or for crisis services after hours and on weekends, call (757) 221-3620 or call the National Suicide Hotline at 1-800-273-8255. For a life-threatening emergency, call 911.