



RESOURCES FROM THE EMPLOYEE ASSISTANCE PROGRAM (EAP)

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What is a Trigger?

A **trigger** is an occurrence that sets off a memory, flashback, or feeling that reminds someone of an experience they encountered either directly or indirectly. A trigger can come in many forms including an item, a sound, a smell, or an event. Though there are positive and negative triggers, those stemming from traumatic experiences can generate feelings such as fear, anxiety, anger, or sadness. It is important to be mindful of these, as they can occur at various intensity levels and would require different methods of coping depending on the intensity.

Ways to Cope with Triggers

- **Breathe Slowly & Deeply**- Take 3-5 second deep breaths to control breathing
- **Validate Your Experience** – Remind yourself that your response to your trauma is normal
- **Focus on Your Five Senses** (5-4-3-2-1) – Name 5 things you can see, smell, feel, hear, and taste
- **Think Positively For 12 Seconds**- Bring a positive thought to mind and focus on it for 12 seconds

Links:

- 1). Coping with Traumatic Events
- 2). Traumatic Stress: Tips for Recovering After a Traumatic Event
- 3). Dealing with the Effects of Trauma- A Self Help Guide

Note: added below for easy inclusion. Above are the titles, below are the links.

- 1). <https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml>
- 2). <https://www.helpguide.org/articles/ptsd-trauma/traumatic-stress.htm>
- 3). <https://www.unh.edu/pacs/post-traumatic-stress-disorder-ptsd>

Online Support Group:

<http://www.mbconnection.co/treatment-for-post-traumatic-stress-symptoms/> Online support group <https://ptsd.supportgroups.com/>

Books on Trauma:

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma Paperback – September 8, 2015 by Bessel van der Kolk M.D. (Author)

The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole Paperback – January 10, 2017 by Arielle Schwartz PhD (Author), Jim Knipe PhD (Foreword)

Complex PTSD: From Surviving to Thriving: A GUIDE AND MAP FOR RECOVERING FROM CHILDHOOD TRAUMA Paperback – December 13, 2013 by Pete Walker (Author)

