

Managing Trauma Response Symptoms (Rutti & Moore)

Hyperarousal

(Fight, Flight, Freeze Response)

-> Calming Strategies

Five Senses/"I Spy:

- What do you see?
- What do you smell?
- What do you hear?
- What do you feel?
- What do you taste?

Soothing voice/sounds
Calm, safe place
Weighted blanket
Tapping/Butterfly hug
Hot shower/bath
Soothing sounds: ocean, nature, white noise
Counting
Self-hug
Wrap in a blanket
Low lighting
Calming music
Soft textures
Warm drink/herbal tea
Rocking, slow movements
Yoga
Pet an animal
Earthy smells/oils
Humming
Self-massage
Body scan
Deep, slow breathing

Things helpers can say:

- "You are safe"
- "Try a nice deep breath"
- "Is there anything I can get for you?"
- "Let's try counting your breaths...1...2..."

Hypoarousal

(Collapse/Dissociation)

-> Alerting Strategies

Five Senses/"I Spy:

- What do you see?
- What do you smell?
- What do you hear?
- What do you feel?
- What do you taste?

Ask questions to orient to place/time
Move your position: stand, walk
Hold ice
Move around: walk, jump, dance
Turn on a fan
Alerting/unpredictable sounds
Sing out loud
Take a walk
Step outside
Bright lights
Loud, upbeat music
Prickly, squishy, heavy textures
Cold drink
Exercise: jumping jacks, run/walk, bike
Minty/sour candy or gum
Throw a ball back and forth
Citrus/Peppermint smells/oils
Say something out loud
Rubber band on wrist
Orient to place/time
Lion breathing, Ujayi breathing

Things helpers can say:

- "You are safe"
- "Can you tell me where you are?"
- "It's me, _____, I'm here to help"
- "Can you tell me some things you see?"