The following tips encompass some of the ways that people who have experienced trauma have found relief. Explore what works for you.

1. **Empower yourself.**
   Look for choices you can make towards greater wellness.¹

2. **Partner with a Local Domestic Violence Service Provider.**
   Know that your perspective matters – you can learn to appreciate who you were, who you are, and who you are becoming.²

3. **Connect yourself.**
   You can decide how much you share and with whom.³

4. **Appreciate yourself.**
   Notice how far you’ve come. You’re worth the effort it takes to improve your well-being.⁴

5. **Forgive your brain.**
   The deeper regions of the brain controlling emotions or fight or flight might be overactive.⁵

6. **Seek healing through silence.**
   Nonverbal techniques can be effective because they calm the deep regions of the brain most affected by trauma.⁶

7. **Writing can be a safe way to connect with emotions.**
   It may help ease stress and physical symptoms of trauma.⁷

8. **Music relaxation can help decrease depression.**
   It can also improve sleep for survivors of trauma.⁸

9. **Yoga can be a useful practice of body/mind awareness.**
   It may be effective for people with chronic PTSD symptoms.⁹

10. **Progressive Muscle Relaxation targets each muscle group.**
    Relaxing each muscle group one by one is an effective way to calm anxiety and combat stress-related pain.¹⁰
11. **Breathing deeply and slowly.**
   This can help with the “fight or flight” response.\(^{11}\) Consider a deep breathing app to help.

12. **Exercise.**
   Exercise has been shown to reduce PTSD symptoms and depression as well as improve sleep.\(^{12}\)

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\(^{1}\) Adapted from SAMHSA.gov, Dealing with the Effects of Trauma—A Self-Help Guide, https://store.samhsa.gov/shin/content/SMA-3717/SMA-3717.pdf

\(^{2}\) Ibid.

\(^{3}\) Ibid.

\(^{4}\) Ibid.


