



Trauma-Informed Self-Care

Quick tools for real-time regulation during your workday

Start with 1 tool to try today

Try During Your Day (30–60 Sec Resets)

Grounding

5-4-3-2-1: Notice 5 things you see
4 feel • 3 hear • 2 smell • 1 taste
Brings you back to the present moment

Regulated Breathing

Box: In 4 • Hold 4 • Out 4 • Hold 4
(3–5 rounds)
Calms the nervous system quickly

Micro-Break Reset

Step outside • Sip water • Stretch shoulders/neck
Helps prevent stress from building

Orient to Safety

Look around • Notice your environment
“I am safe right now”
Helps your body shift out of stress mode

End of Shift Reset

Transition Ritual

Wash hands intentionally • Change clothes/shoes
“What stays here?”
Helps you leave work at work

Support Emotional Load

Name It to Tame It

“I’m feeling overwhelmed”
“I’m noticing frustration”
Reduces emotional intensity

Boundary Check

“What is mine to carry—and what is not?”
“I can care without carrying”
Protects against overload

Self-Compassion Pause

Hand on heart • Slow breath
“This is hard” • “I’m doing the best I can”
Activates calming systems

Peer Support

“That was tough—how are you?”
1-minute check-in
Reduces isolation

Workday Integration

Start Small

Pick 1–2 tools to try this week
Attach to something you already do
Practice imperfectly

Remember:

Small moments matter • Regulation is part of the job • You deserve support too

GroundLight Workforce Resilience Initiative by Belightful

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