

# Survivor 2 Warrior: 3 C's to Calm

*A salute to caregivers, first responders, nurses, doctors, EMTs, veterans, activity duty service men and women, law enforcement, firefighters, and parents - Happy Independence Day!*

*A life with depression, anxiety, PTSD, fear, nervousness, chronic stress - this is made for you! And like you - we face the same challenges every single day. I am a Survivor - Warrior of childhood trauma. And I use our stuff too!*

*We are honored to share these quick and effective techniques with you today on Independence Day - A day where triggers happen more often. Use these to prepare for the day and to bring calm on a day of celebration.*

## 1. CHECK



What's Happening?

What's Going On?

What's the Trigger?

What's the Stressor?



What's the Feeling  
Emotion, Thoughts?

What's the Reaction?



Listen - What's being Said?  
What's the Story?

Validate



Empathize

## 3. CALM

Safety



Assurance

Comfort

Compassion

