

# 4 Foundations to Help Trauma-Impacted Youth Not Just Survive, but Thrive (Webinar Worksheet)



## Webinar Summary (Primary Takeaways)

1. **Understand Trauma Physiology:** When someone is experienced perceived threat or danger (or triggered by a past experience), the brain “down-regulates” and the prefrontal cortex functions get compromised.
2. **Build Trusting Relationships:** Trusting and authentic relationships are the “bedrock” of interpersonal trauma-informed care. They are both healing agents in and of themselves and also foster receptive for deeper intervention.
3. **Practice and Teach Self-Regulation:** Both for yourself to manage your own reactions, but also as a skill to help trauma-impacted youth learn to cope with the physiological, emotional, and mental triggering that often accompanies triggered trauma.
4. **What to do When a Trauma-Impacted Youth gets Triggered:** If they trigger outside the window of tolerance, the first, primary goal is to get them back into the window of tolerance. Then you can proceed with other intervention.
5. **Practice Self-Care:** Take care of yourself so you can show up and offer your best most present self to those you work with.

# Skillful Self-Disclosure Companion

(from Foundation 2: Building Trusting Relationships)

**Instructions:** If and how you self-disclose is **always** your choice. However, it's good to not be caught off guard with your story or present moment feelings. Below, think about things in your life that you may be asked about in your work. On the left side, write down a few things you are okay disclosing if asked about. On the right, list a few things you would NOT be disclosing. **Keep this confidential.**

**Remember:** Only practice disclosure when appropriate and in the best interest of those you're working with.

Okay Disclosing	Not Okay Disclosing

# Mindful Breathing for Self-Regulation

## Worksheet (from Foundation 3: Self-Regulation)

1. Choose your anchor for mindful breathing. Experiment with different breathing anchors that help keep you connected to your body, in the present moment. Common anchors include:

- Belly
- Chest
- Ribs
- Nostrils

Take about a minute to experiment with these anchors and notice where it's easiest to sense your breathing. Next, choose an anchor to practice with. Stay consistent with that anchor for at least 10 mindful breathing meditation sessions (no matter how short or long).

The anchor I will practice with for the next 10 sessions is: \_\_\_\_\_

2. Schedule mindful breathing meditation for the next 7 days. You don't have to do it every day, but pick something that is achievable and stick to it. Use the anchor you've chosen above and remember to go through the 3-step process as detailed in the video

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	<input type="checkbox"/>						
Afternoon	<input type="checkbox"/>						
Evening	<input type="checkbox"/>						

3. Think of times where you'd like to set the intention to be more mindful in everyday life by using TAP (take a breath, acknowledge, proceed). These could be times where you get frustrated with work or people, instances where you take the feeling of joy for granted, or other places you'd like to develop mindfulness in everyday life. Use the prompts below and add any other thoughts / comments for how you'll use TAP

I will use TAP when I feel (add emotion) \_\_\_\_\_

I will use TAP when around (add person) \_\_\_\_\_

# Brainstorm INCRA's

(from Foundation 4: Working with Triggered Youth)

**Instructions:** Below, list as many INCRA's (Inherently, Non-Clinical, Relational, Activities) you can think of that **you have access to** in your current work. Then, circle all of the INCRA's that would be considered **Somatically-based INCRA's**. Remember these if someone you work with triggers out of the window of tolerance.