



---

## Strategies To Support Staff: Triggers

### ***Proactive ways to help make it less likely you will get triggered***

Be kind to yourself. Understand we all lose our patience.	Explore the <a href="#">healthy mind platter</a> .
Focus on increasing time spent doing things you love and enjoy!	Focus on meeting your basic needs (sleep, nutrition, hydration, etc.).
Intentionally work on developing solid relationships with your students.	Practice mindfulness.

### ***Ways to diffuse the situation once triggered***

Use self-talk such as “hello trigger” Awareness alone can help!	Visualize a time you felt connected with the student. This will help neurologically shift the climate.
Take deep breaths.	Use the same calming strategies we teach students.
Get support from a colleague.	Feel safe enough to ask for a break.

"Be kind to yourself because it's human to flip out." - Dr. Dan Siegel