

SUSD
POSITIVE
BEHAVIOR
Interventions
& Supports

Quick Tips for Trauma Informed responses:

STEP 1: Normalize & Validate

With unprecedented uncertainty, stress and anxiety are to be expected--these are normal responses to the current situation. For example, we can respond with:

"Yes, this is scary and stressful..."

STEP 2: Mindfulness

It is easier to focus on what we can control and plan for right now, than weeks or months ahead. For example:

"Yes this is scary and stressful. Let's make a list of what we can do today..."

STEP 3: Flexibility

Embrace flexibility and compassion. Reframe negative assumptions about someone's behavior. Remember we are all trying our best given the situation.

STEP 4: Self-Care

Be creative in finding new ways to connect or fulfil positivity and rewards. Think about what brings you comfort and build it into your life.

Example: Make a self-care menu

STEP 5: Resources

For more tips and resources check out MH&BSS homepage at <https://www.stocktonusd.net/Domain/4516>

