

# TRAUMA-INFORMED TIPS FOR STUDYING FROM HOME



## START YOUR DAY WITH GENTLENESS

In the morning, try a quiet activity, like going for a walk, sitting outside with a coffee, sitting by a window or listening to a guided meditation to ease you into the day. Try not to go on your phone for at least 20 minutes - the news right now will usually cause our nervous system to become distressed.

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## CHECK IN ON YOURSELF THROUGHOUT THE DAY

Take a few minutes periodically throughout the day to regulate your nervous system. This could be doing a breathing exercise, 10 minutes of stretching, reading a few pages of a book, a guided meditation, playing with a pet, or anything else that helps you feel calm.

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## CREATE A COMFORTING ENVIRONMENT

Smells are often very helpful for grounding in our environments, so fill your work or study space with scents you enjoy with a scented candle, incense, or even a pot of water on the stove with a citrus peel or some cinnamon in it.

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## HAVE SOME SELF COMPASSION

Acknowledge that just existing right now takes more energy than normal. Being in the pandemic is like the difference between sitting in a warm comfortable room all day and sitting in a cold room on an uncomfortable chair. Just existing takes more energy and is more draining even if it seems like you're not doing as much.

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## TRY A BREATHING EXERCISE

A paced breathing exercise is designed to speak directly to the nervous system, and can signal the body it is safe to come out of fight, flight or freeze mode. You can also put one hand over the heart and one on the stomach and add a bit of pressure, or lengthen the inhale as well if it feels too short. Focus on long, slow exhales from your belly and breathe on the following counts:

*4 inhale - 4 exhale*  
*4 inhale - 5 exhale*  
*4 inhale - 6 exhale*  
*4 inhale - 7 exhale*  
*4 inhale - 8 exhale*

