



*I hope these restorative skills are helpful as you begin your healing journey.
Take away what works for you and let go of the rest!*



I'm triggered... but what does it actually mean?

A trigger is anything that your brain stores as a reminder of a previous unpleasant or traumatic experience. It could be a location, a person, their words, body language, or even a smell. Your brain has a clever part that constantly scans experiences and interactions, checking for potential threats, even if there isn't one present. When triggered, your mind may flick back to the distressing event and get stuck in a loop. For example, if you had a negative experience involving coffee, like a robbery at a coffee shop, you might later find that the smell of coffee triggers your body even though there is no threat. Another example, more relevant to birth, is having a conversation with a friend who recently gave birth. Their words, body language, and emotions might trigger a response in your own body, even if you're not talking about your own birth.

Our senses connect directly to our brains and constantly send messages as we interact with the world around us. Being curious about what is causing reactions or triggers allows you to understand yourself better. Healing isn't only about addressing that one event; it is a journey of becoming aware. The triggers can be all around us, and being able to compassionately notice them without a full outburst becomes an outcome or goal of doing this work.



How do I know if I am triggered?

A trigger response will manifest differently for each individual, making it confusing or challenging to connect them back to the trauma. You may not be aware of the underlying process, only experiencing the end result of the activated nervous system. This is because the brain triggers the feeling of fear, anger, or panic, and it can also initiate physical responses such as increased heart rate, stimulation, or sweating. In some cases, the brain can induce a freeze state, leading to numbness, decision-making difficulties, or detachment.

What should I do?

1. The first step is to recognise when you are triggered.
2. Next, it is important to calm the activation of the nervous system.
3. The following is a quick guide to help you identify your own triggers and utilise the regulation skills that work best for you.
4. Triggers can serve as insightful teachers, helping us learn about our own responses and where they are stored in the body.

Breathing

Box Breathing

Visualise a box or trace a box with your finger

1. Start at the bottom left corner and as you move your finger up whilst you inhale for 4 counts

2. Continue across the top of the rectangle holding your breath for 4 counts
3. Now in the top right corner, move your finger down whilst exhale for 4 counts
4. Move across the bottom of the rectangle back to the left corner holding breath for 4 counts
5. Repeat this cycle 10 times

[Click Here](#) for a video demonstration

Nostril Breathing

1. Exhale completely
2. Press your right thumb against your right nostril to block it
3. Inhale through your left nostril
4. Release your right nostril and use your finger to block your left nostril
5. Exhale through your right nostril
6. Inhale through your right nostril
7. Release your left nostril and use your finger to block your right nostril
8. Exhale through your left nostril
9. Release your right nostril and use your finger to block you left nostril
10. Repeat this cycle 10 times

[Click Here](#) for a video demonstration

4-7-8 Breathing

1. Inhale for 4 counts
2. Hold for 7 counts
3. Exhale slower for 8 counts



Movement

Non Linear Movement

Modified somatic method first developed by Michaela Boehm

Pick a song that matches your mood- you can prepare an album when you hear a song that brings emotion eg sad or happy or love

Make sure you are somewhere you feel safe and unwatched

The intention is not to dance, but to become present with your body and feel into movement your body is creating with the influence of the song playing.

Let your body flow

Grounding

Grounding, also known as earthing, is when you stand bare footed on the earth. This connects your body to the natural electric charge of the earth, transferring electrons into your body. It is helpful to spend a few minutes after the grounding to be present, you can use the following cues to help.

5 Senses

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



Colours

Find things around you that represent each colour of the rainbow

Red-Orange-Yellow-Green-Blue-Indigo-Violet

5 Second Rule

Developed by Mel Robbins, You can use the Rule and its countdown method to break any bad habit, interrupt self-doubt and negative self-talk, and push yourself to take the actions that will change your life.

The process is simple.

Applying the 5 second rule to becoming aware of being triggered.

Counting backwards from 5-4-3-2-1 and immediately recognise the thought or trigger at the end of the count, name the emotion (I feel....) and accept it and send yourself compassion. Can you feel where it is in the body? what does it need right now?

Humming or Vagal Toning

It is as easy as it is sounds, just by making gentle sounds such as humming a song, you can begin to reset the nervous system and experience more calm. Similarly, toning a vowel sound such as Eh, Ah, Oh, Uh, or AUM, on the same note, your body and mind will automatically begin to relax.

How does this work? Gentle sounds, such as humming, stimulates the vagus nerve, which connects to the voice box, well as the middle ear, chest, lungs, and gut. This nerve is involved with calming the nervous system



Now what do I do?

A trigger response will settle, and I encourage you to be really curious about the trigger. This trigger is yours to own; it is in your body, seeking for you to understand it and be accountable to it.

This takes time and a whole lot of self-compassion. The body is just responding to keep you safe. However, if there is no longer a threat, addressing the underlying fears and beliefs will create more space between fear and the trigger. Working with your body and mind on this will widen that space and increase your capacity to be more peaceful within yourself, so you are triggered less often.

But you can't do this alone. Having the right support during this healing process is crucial. It may be a psychologist, a counsellor, a close friend, or a family member. Allowing yourself to be vulnerable and talking it through is an important step in gaining more clarity about your own story. Beforehand, spend time creating a safe environment with clear boundaries for the person you have chosen to open up to. What do you need? What does your body need?

These triggers and experiences can be held in the body itself. "The mind remembers only certain things. The body remembers everything." Seeking support for releasing within the body can also allow for deep healing. Look for a fully trained practitioner who works somatically with the mind and body, like me! There are numerous options available to support you in doing this important work. On the other side, there will be more peace and abundance. Look for the small miracles in everyday life.

Remember take away what works for you and let go of the rest!

You don't have to do this alone. connect with me

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