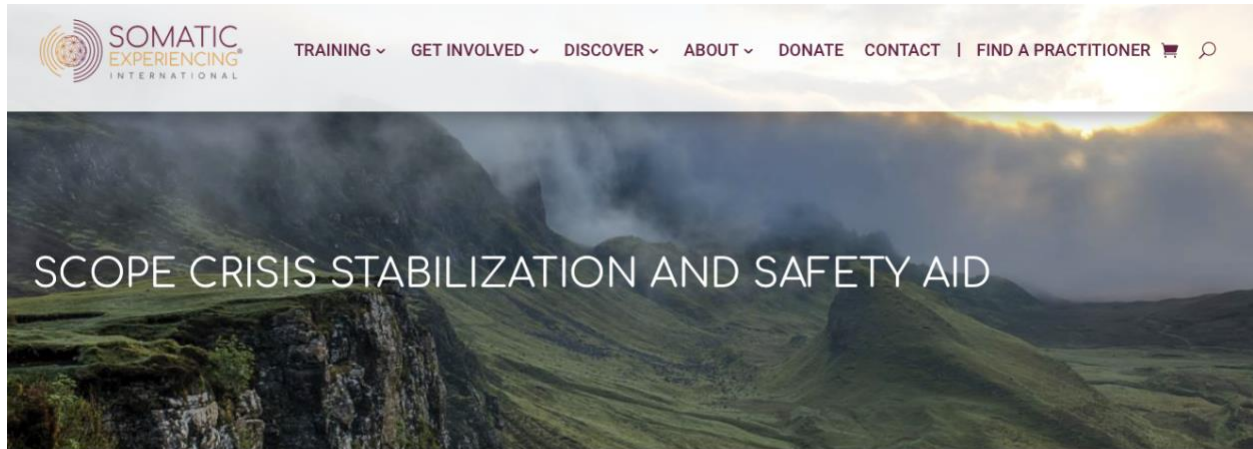


Crisis Stabilization and Safety in Multiple Languages

https://traumahealing.org/scope/?gad_source=1&gbraid=0AAAAAoexxRpLJPmrxv6xGkOqovbpRY1Pj&gclid=EAlaIqObChMluo6DjvOGiAMV9QKtBh3z9ie8EAAYBCAAEgLW7PD_BwE



SE™ CRISIS STABILIZATION AND SAFETY AID

The SCOPE Safety Aid stabilizes physiological stress response and helps build resilience to get through crisis. This can be an effective tool for frontline workers, first responders, and people dealing with intense pressure.



S **LOW DOWN**
Take 10 steps very slowly, noticing any sensations on the bottom of your feet.

C **ONNECT TO BODY**
Cross your arms and ankles, tuck hands under armpits, lower head, and breathe.

O **RIENT**
Slowly look around, noticing colors and shapes. Let your gaze rest on something pleasant or comforting, like a brief visual vacation.

P **PENDULATE**
Notice a place of ease in the body and a place of tension. Slowly shift attention between ease - tension - ease.

BE ON THE LOOKOUT FOR SIGNALS FROM OUR NERVOUS SYSTEM:

- Accelerated heart rate
- Shallow breathing
- Social avoidance
- Erratic thoughts
- Muscle tension
- Heavy fatigue
- Rapid speech
- Numbness
- Insomnia

HIGH ACTIVATION OF THE AUTONOMIC NERVOUS SYSTEM MAY RESULT IN:

- Fight/Flight/Hypertension Response (Sympathetic)
- Freeze/Immobility/Helplessness (Parasympathetic)



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