



## GLIMMERS

### Brings us to an anchored state

Internal or external cues that brings us to a sense of joy or peace. Glimmers foster our thriving state of being.

### Empathic response

Feeling of being seen, heard, understood and validated. Ventral Vagal system promotes feelings of social connectivity

### Comfort and learning zone

It evokes feeling of safety, coziness and security within a space or with an individual. Encourages us to explore possibilities and pursue activities with excitement.

### Micromoments of goodness

Help release the build up of cortisol and improve our speed of return to our state of calmness, inclusion and safety.



## TRIGGERS

### Brings us to survival state

This gives us a cue to danger. It can make us feel antsy and withdrawn. There is a release of stress hormones - adrenaline, cortisol.

### Sympathetic or parasympathetic response

The sympathetic is our fight or flight response and our parasympathetic response causes us to inaction (freeze or fawn).

### Panic and danger zones

In the panic zone we feel uneasy and we spend time using our energy to manage our fears and anxiety. It can lead to a point of shutdown, collapse, and dissociation (danger zone).

### Associates with past traumas

Scents, sights, sounds, people, actions or words that can remind us of previous traumatic experiences.

# Managing Triggers in Crisis Work

Triggers are personal, intimate, and not scheduled.

This Managing Triggers in Crisis Work training intends to provide a safe learning environment for members of crisis response teams to gain emotional regulation tools when feeling triggered in their role.

[Copy Link To Register and Search Managing Triggers](https://continuingstudies.alaska.edu/Registration.aspx?aid=1568)

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Tuesday 4/23/2024 2:00 PM-4:00 PM

Tuesday 5/7/2024 2:00 PM-4:00PM

Tuesday 6/11/2024 2:00 PM-4:00 PM

- Understand the phenomenon of triggers and its negative impact on roles
- Gain greater understanding about emotional sensitivities
- Develop capacity to quickly recognize when you or a colleague are triggered.
- Learn a powerful practice for skillful self-management when triggered.
- Respond more effectively with self and others who are triggered.

FREE

CEU's

VIRTUAL



Questions?

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