

What are Triggers?

Triggers are actions or situations that can lead to an adverse emotional reaction. In the context of mental illness, referring to triggers usually means something that has brought on or worsened symptoms.

Triggers occur through our senses and what is happening in the world around us! They can effect us positively or negatively. A Trigger can be a reminder of past trauma which can cause a person to feel overwhelmed by anxiety or depression and relive past traumatic events.

Sight

Taste

Sound

Smell

Touch

What can you do when negative triggers occur?

- Pay attention to situations that generate a strong emotional response
- Step back- don't respond impulsively. Give yourself time to process
- Own your feelings. Don't avoid them. Avoiding them will not treat the underlying cause and could continue to effect your daily life.
- Seek help! Talking to your supports or a Mental Health professional can be instrumental in increasing your awareness of Triggers and coping skills.

Examples of How to Cope with Triggers



Exercise
Regularly



Meditation



Deep
Breathing



Practice
Relaxation
Techniques



Keep a
Journal