

STRESS TRIGGERS	RECOVERY TOOLKITS
<p>Body (Regulation)</p> <ul style="list-style-type: none"> • • • • • • • • • 	<p>Regulation (Body)</p> <ul style="list-style-type: none"> • • • • • • • • •
<p>Sensations (Sensory)</p> <ul style="list-style-type: none"> • • • • • • • • • 	<p>Sensations (Sensory)</p> <ul style="list-style-type: none"> • • • • • • • • •

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<p>Feelings (Relevance)</p> <ul style="list-style-type: none"> • • • • • • • • • • 	<p>Feelings (Relevance)</p> <ul style="list-style-type: none"> • • • • • • • • • •
<p>Movement/Planning (Executive)</p> <ul style="list-style-type: none"> • • • • • • • • • • 	<p>Movement/Planning (Executive)</p> <ul style="list-style-type: none"> • • • • • • • • • •