



## What should I do when I feel overwhelmed by my adverse childhood experiences?

Take a deep breath and congratulate yourself for surviving and for your resilience and your curiosity in exploring what's happened to you.

Consider how this might have affected you, your choices, your health, your relationships, especially your children.

Forgive yourself if some of those choices have been harmful, be kind, understanding and forgiving of yourself but make a commitment to change some of the less than positive things/relationships in your life.

Find someone to explore this with if you can, a friend, a partner, a GP, a counsellor or a professional who works with you, talk about it!

Read what you can about trauma and it's impact, Bessel Van Der Kolk is brilliant!

Find the thing that helps keep you regulated – it may be running, or creativity - if it's over eating, alcohol or drugs get some support to address it but remind yourself that may be a strategy to help you cope with overwhelm and understand in that context.

Think about alternative therapies to support you to get self-regulated and calm.

Stay hopeful – knowing this can and will change your life, but it doesn't mean you are broken, repair, healing and recovery are all possible.

Keep breathing deeply – it's one of the most under-rated ways of staying calm.

Keep talking about it with someone who doesn't try to fix it but is a great listener.

Stay hopeful, curious and connected with safe relationships.