



**Minnesota**  
Mental Health Clinics

# Center for Trauma Care & Healing

*Self-Care, Coping  
Strategies & Resources*

# Self-Care & Coping Strategies

## Grounding Techniques

- **Deep breathing exercises:** Inhale slowly through your nose, hold for a few seconds, and exhale through your mouth. Repeat until you feel more centered.
- **5-4-3-2-1 technique:** Identify five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

## Relaxation & Mindfulness

- **Progressive muscle relaxation:** Tense and release each muscle group from your toes up to your head, letting go of tension.
- **Mindfulness practices:** Stay in the present moment through meditation, deep breathing, or journaling your thoughts and emotions.

## Healthy Habits

- **Deep breathing exercises:** Inhale slowly through your nose, hold for a few seconds, and exhale through your mouth. Repeat until you feel more centered.
- **5-4-3-2-1 technique:** Identify five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.





# Additional Resources

## Recommended Books on Trauma

**“What Happened to You”** by Bruce D Perry & Oprah Winfrey

**“The Body Keeps the Score”** by Bessel van der Kolk

**“Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body”** by Peter Levine

## Support Organizations & Outreach

**National Suicide Prevention Lifeline: 1-800-273-8255**



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# Contact Us

We are dedicated to providing compassionate, expert care to help you on your path to healing. Whether this is your first experience with therapy or you're continuing your journey, we're here to support you.

Trauma recovery is deeply personal, and we are committed to creating a safe, supportive environment as you work through this process.

Should you need anything in advance of your first with with us, please reach out below. We are here to support you.

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