

GUEST DIGEST

03 - 12 - 2021

What's in this update?

PSP Wants To Hear From You
COVID-19 Vaccine: Save The Date
What Does It Mean To Be Triggered?

PSP Wants To Hear From You!

People Serving People would like to hear from you! As an organization, we try to always be intentional with our wording. Lately, we have been using words such as protest, demonstration, uprising, and civil unrest. We would like to know how you feel about our word choices. Have these words hurt you or your family in any way? Are there better words that we could be using? Please email your thoughts to trialcommunitycare@peopleservingpeople.org. Thank you for your help!

COVID-19 Vaccine: Save The Date!

Moderna's COVID-19 Vaccine Available at People Serving People!

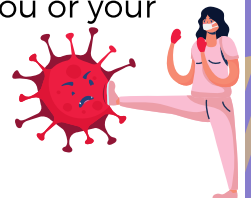
March 17th
1-4:45pm
2nd Floor



The Vaccine is free and will be available to all shelter guests/ supportive housing residents at PSP (18+) who want to be vaccinated. No signup required.

Whether or not to get vaccinated is a personal matter. Whether or not to get vaccinated is totally YOUR DECISION. There is NO REQUIREMENT that you or your family be vaccinated.

Questions? Please see your advocate, or send an email to vaccine@peopleservingpeople.org



What does it mean to be “triggered”?

You may hear others say “Oh that was a triggering experience” or “This situation might be triggering to folks”, and you may ask yourself what does that mean? To be triggered, means to have an emotional response to an event that is happening. You may be aware of the emotional response, but you may not be. The event that is happening in the moment, might remind you of something that happened in past that made you feel unsafe. You may just feel it in your body, like your chest may get tight, or your face might get hot. This is your brain’s alarm system starting, telling you that something isn’t right and you might need to protect yourself or others.

When you notice this, it can be helpful to use coping skills to calm yourself and your brain down. Coping skills can look like:

- Taking deep breaths
- Walking away or taking a break
- Talking to someone about what you are feeling or venting to someone you trust
- Listening to music
- Taking a walk or moving your body
- Coloring, painting, doing something artistic
- Journaling



Another helpful tool to use when feeling triggered is Ground Techniques. This is where you combine deep breathing with the use of your senses. By doing this, it will slow your brain down and bring your brain back to the present moment. Some examples of this are:

- Rubbing scented lotion into your hands while taking deep breaths
- Listening to music that you find calming while taking deep breaths
- Playing with play-doh
- Eating a piece of chocolate or candy slowly
- Looking at a picture of something that you enjoy
- Sitting outside in a park or by water

If you are needing assistance or would like to talk to someone about this, feel free to reach to your Advocate for additional resources

IF FEELINGS COULD TALK

SADNESS might be telling me I need TO CRY

LONELINESS might be telling me I need CONNECTION

SHAME might be telling me I need SELF-COMPASSION

RESENTMENT might be telling me I need TO FORGIVE

EMPTINESS might be telling me I need TO DO SOMETHING CREATIVE

ANGER might be telling me I need TO CHECK-IN WITH MY BOUNDARIES

ANXIETY might be telling me I need TO BE BRAVE

STRESS might be telling me I need TO TAKE IT ONE STEP AT A TIME