Identifying Hot Spots\* for staff

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| What are your own signs (physical or social emotional) that your physiological stress response is activated? |
| **Do you have any ‘back pocket’ strategies that you use to calm or regulate these stress responses?** |
| **As a staff person, what are your own hot spots in this building?** |
| **Do you have any ideas of how to make that hot spot less activating or re traumatizing?** |

\*an interaction, physical space or other set of circumstances that, at a minimum, activates the physiological stress response and at most, is re traumatizing.

Adapted from Trauma Informed Oregon’s worksheet ‘Identifying potential activation and Strategies to prevent or reduce’