

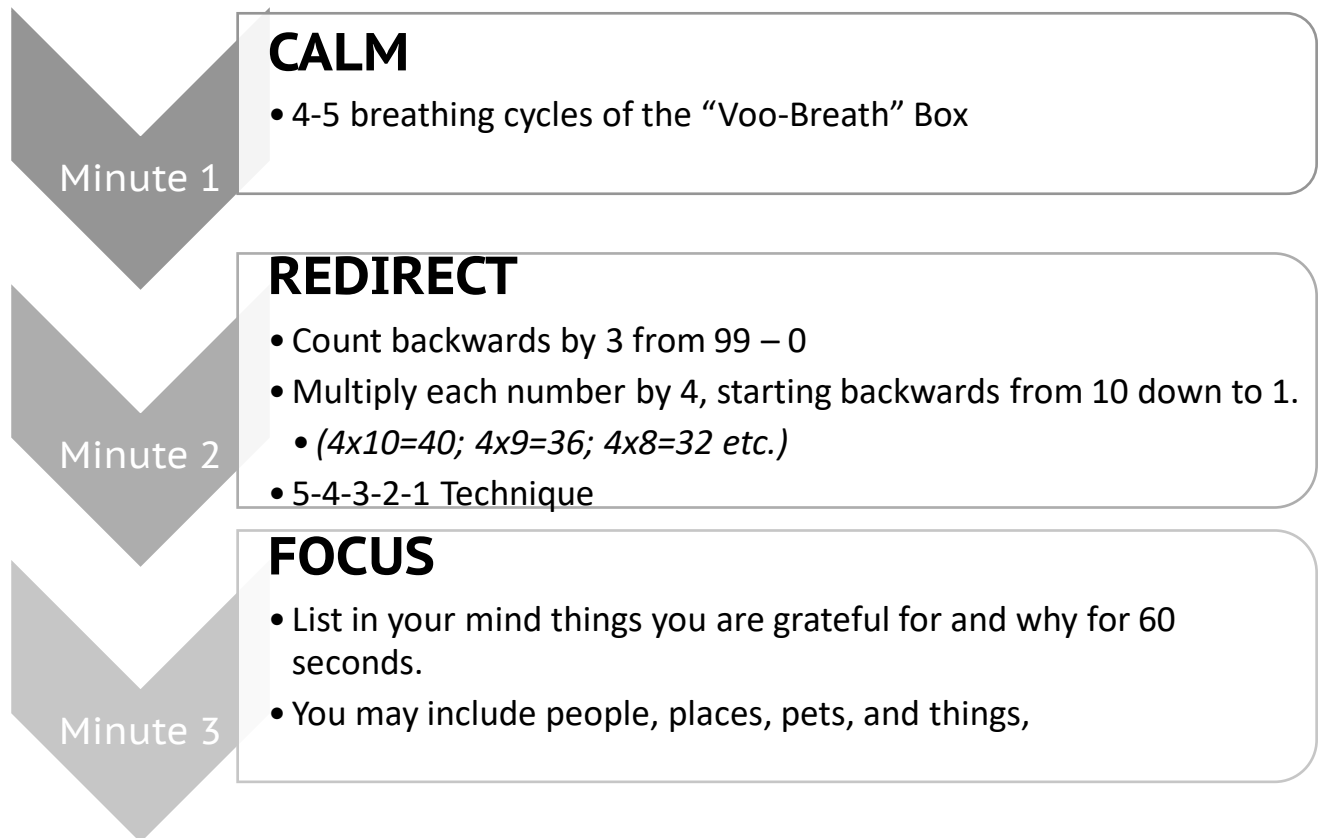
## Body – Brain Hacks

### Signs You Are Triggered:

- Intense Emotion
- Blurring
- Bodily reactions (tightness, rapid heart rate, nauseous feeling etc.)
- Total Shut-down

To return to our upper brain (prefrontal cortex) for best insight and decision-making, we must implement a 3-fold strategy to regain our hijacked brain.

## Karla's 3 Minute Reboot



## Trauma Algorithm

*Tap about 6x (don't need to count); best if looking at someone doing it with you.*

**EB – T – E – UL – LL – A – CB – TW+B**

**Eyebrow-Center – Temples – Eye (*top cheeks*) - Upper-Lip - Lower-Lip -  
Armpit (*bra strap side*) – Collarbones (*1" below*) –  
TW+B (*4th and pinky fingers' top bones, tap with 3 fingers*)**

**= BACK IN YOUR SKIN!**