

# SE™ CRISIS STABILIZATION AND SAFETY AID

The SCOPE Safety Aid stabilizes physiological stress response and helps build resilience to get through crisis. This can be an effective tool for frontline workers, first responders, and people dealing with intense pressure.



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## SLOW DOWN

Take 10 steps very slowly, noticing any sensations on the bottom of your feet.

## CONNECT TO BODY

Cross your arms and ankles, tuck hands under armpits, lower head, and breathe.

## ORIENT

Slowly look around, noticing colors and shapes. Let your gaze rest on something pleasant or comforting, like a brief visual vacation.

## PENDULATE

Notice a place of ease in the body and a place of tension. Slowly shift attention between ease - tension - ease.

## ENGAGE

Engage socially. Connect with someone who can support you.

### BE ON THE LOOKOUT FOR SIGNALS FROM OUR NERVOUS SYSTEM:

- Accelerated heart rate
- Shallow breathing
- Social avoidance
- Erratic thoughts
- Muscle tension
- Heavy fatigue
- Rapid speech
- Numbness
- Insomnia

### HIGH ACTIVATION OF THE AUTONOMIC NERVOUS SYSTEM MAY RESULT IN:

- Fight/Flight/Hypertension Response (Sympathetic)
- Freeze/Immobility/Helplessness (Parasympathetic)



WALK THRU IT WITH OTHERS OR FIND ADDITIONAL SUPPORT:  
[traumahealing.org/scope](https://traumahealing.org/scope)

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