



Personal Wellbeing and Self-Care VMware - Summer 2021

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Example of Triggers:

THE TRIGGER	THE REACTION (Physical, Emotional, Mental/Nervous System)
My husband ignores me and continues talking at the dinner table	Physical: heated chest swety palms Emotional: Anger Mental narrative: “he is so insensitive and never listens to me” Nervous system: Fight response
Presenting my project plan to the executive board	Physical: throat contracts, chest contracts, racing heart Emotional: anxiety



	<p>Mental narrative: “they are going to hate it”</p> <p>Nervous system: Freeze</p>
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