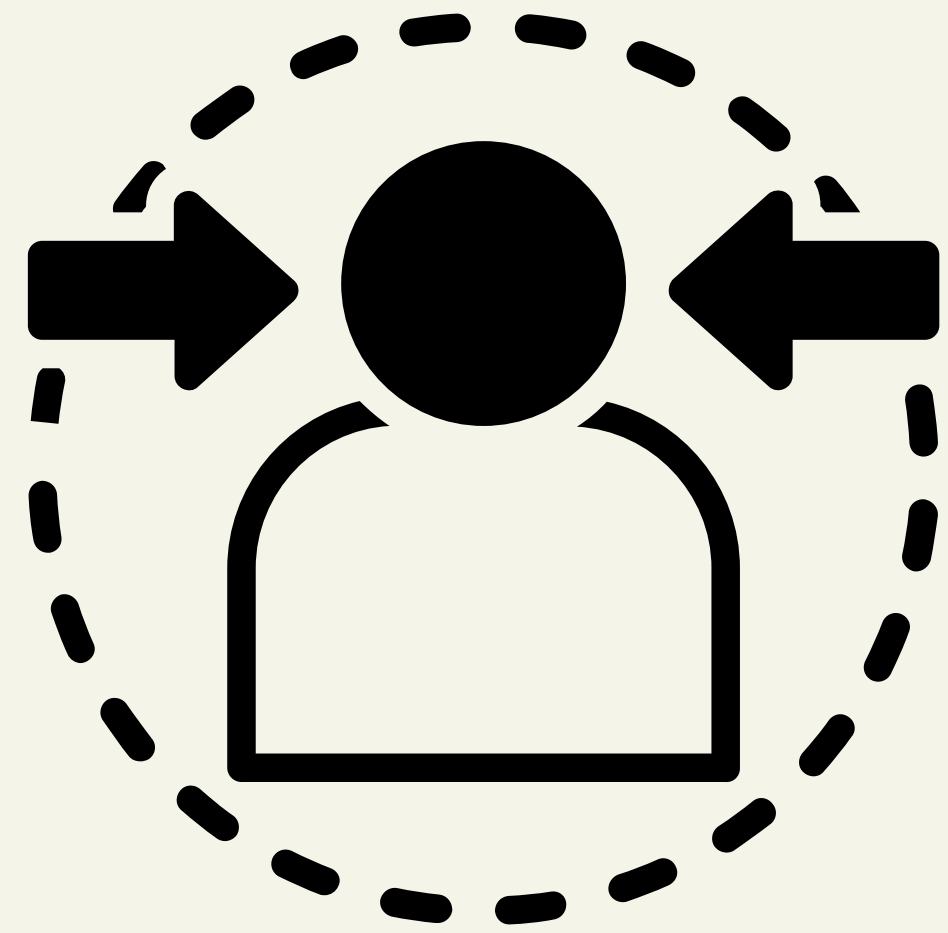


# Trigger Points, Boundaries & Anchorpoints

#WeKeepUsSafe



Make time to center yourself the night before and morning of a protective action and identify an anchorpoint—a place of emotional safety.



Before arriving, take a few moments to consider boundaries and potential triggers, and remember your anchorpoint



Make time to discuss your boundaries with your team when you meet up before the action



Remember to check-in with your team throughout the day and make time for appropriate aftercare