



What Can You Do About Adverse Childhood Experiences?

Good News: Lifestyle Changes can Reduce Effects of ACEs

- **Touch, attunement, relationship connections help**
- Face to face contact releases neurotransmitters that protect now and in the future
 - Increases oxytocin
 - Lowers cortisol
 - Generates dopamine
- **Face to face contact and connection = reward and stress regulation**
- **Without these seek rewards and stress regulation in substances, food, etc. = addiction**

Lifestyles changes can reduce impact of ACEs

- Spend time with others who you enjoy
- Stay in contact with important people
- Practice gratitude
- Identify comforting activities, objects, people, relationships, or places and seek them out
- Allow yourself to cry
- Find things that make you laugh



Get support

- Learn healthy ways to
 - Cope with stress - turn down stress response
 - Build resilience
- Learn what's age-appropriate for your child so you better understand challenging behavior
- Make time to relax
- Make time to have fun
- Sleep, exercise, eating
- Mindfulness practices
- Seek out mental health professionals

