

When My Body Still Feels in Danger

Understanding hypervigilance and helping the nervous system notice the present.

Why this can happen

After trauma, the mind and body can stay alert for danger even when the original threat has passed. You may feel jumpy, scan rooms, notice exits, struggle to relax, react strongly to noises, or feel as though you always have to be ready.

My early signs

What tells me my body is moving into high alert?

What happens to my breathing, jaw, shoulders, stomach or heart?

What situations make this more likely?

Present-day orientation

What date is it? Where am I?

What can I see that tells me I am here, now?

What is different from the past situation?

Who or what is available to support me today?

A gentler response

What helps my body feel supported rather than forced to calm?

Would movement, space, warmth, pressure, water, quiet or company help?

One sentence I can use to remind myself that this moment is different is...

Gentle safety note: This resource is for reflection and stabilisation, not for forcing yourself to revisit traumatic memories. If you feel unable to keep yourself safe or are in a mental health emergency, seek urgent professional help.