

# COPING SKILLS FOR TRAUMATIC STRESS

**01**

## **BREATHING**

Becoming aware of your breath allows you to slow down, quiet your mind, and calm your body.

**02**

## **GROUNDING**

Bringing yourself back to the present moment with sensory and cognitive techniques.

**03**

## **BODY AWARENESS**

Listening and connecting to our bodies by identifying where we are, the sensations in our body, and how our body reacts to stress.

**04**

## **VISUALIZATION**

Calling on mental images in our imagination to improve the way we feel.

**05**

## **SELF COMPASSION**

Extending ourselves kindness in how we talk and think about ourselves.

# 01

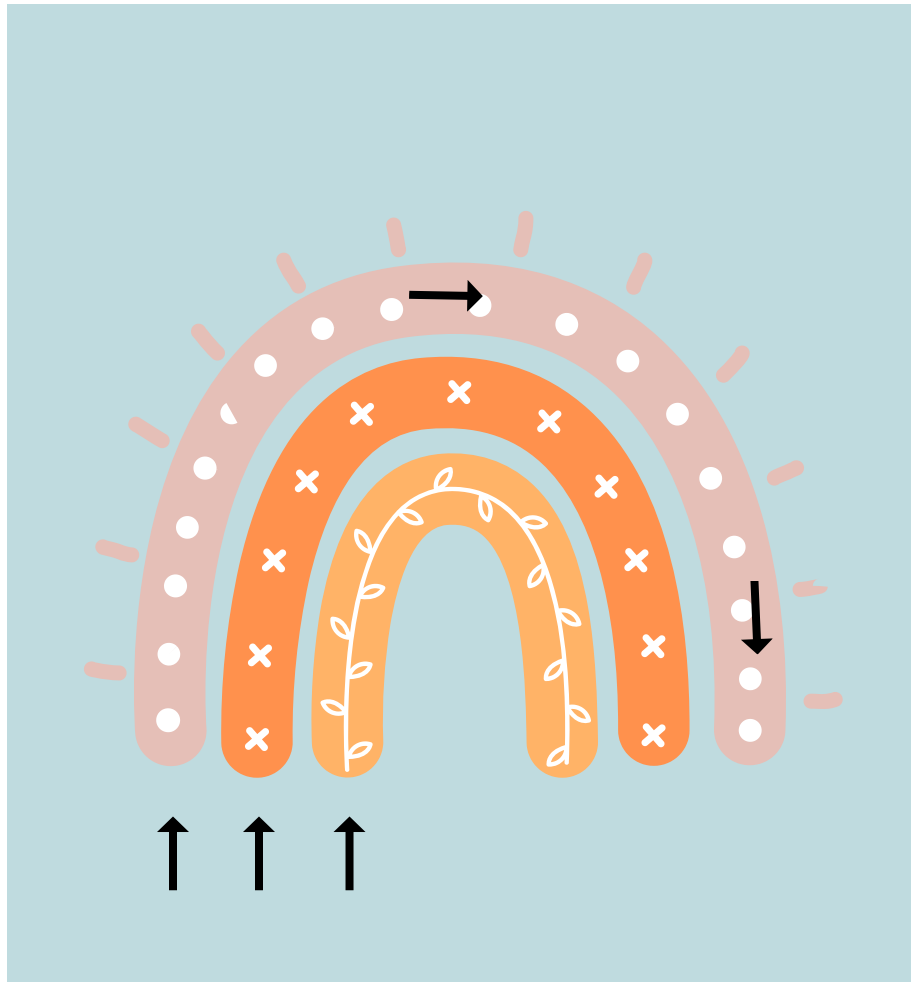
# BREATHING

Sit upright Support your arms. Slow breath through the nose (4 secs). Hold your breath (1-2 secs). Slow exhale through the mouth (4 secs). Please wait a few seconds before doing it again.

**START  
HERE**

**INHALE FOR 5 SECONDS**

**INHALE FOR 5 SECONDS**



**EXHALE FOR 5 SECONDS**

**HOLD FOR 5 SECONDS**

# 02

# GROUNDING

## MENTAL GROUNDING

- Remind yourself of who you are and where you are
- Describe the current environment in detail
- Describe a favorite place in detail
- Think in categories (i.e., Ice cream flavors)
- Count backward (i.e., 100, 97, 94, 91....)

## PHYSICAL GROUNDING: 54321

- Name five things that you can see
- Name four things you can feel
- Name three things you can hear
- Name two things you can smell
- Name one thing you can taste

## MINDFUL WALKING

- Concentrate on your footsteps
- What do you see around you?
- What sounds do you hear?
- What does the climate feel like?

# 03

## BODY AWARENESS

Goal= get to know sensations. You are gradually paying attention to different parts from top to bottom. Scanning brings awareness to every detail and feeling. You can identify the points of your body causing you tension.

Sit comfortably and breathe in and out slowly. This exercise aims to notice how each part of your body feels.

Start at the top of your head. Can you feel your hair? What does it feel like? Is it rubbing on your face? have you got a hat on? Can you feel your hair tie?

Start to make your way down to your shoulders, can you feel any tension in your shoulder area? Do you feel tight? Take a deep breath and try to loosen your shoulders and neck. Next, do a few neck stretches, turn your head to the left and slowly to the right.

Breathe in and out, and repeat until you feel calm again.

# 04

# VISUALIZATION

## GUIDED IMAGERY

- Get comfortable and imagine a peaceful place or experience, such as your favorite place in nature.
- Concentrate on a specific object, sound, or experience in your mind, such as how it feels, what it sounds like, and what it looks like
- Tip: guided imagery videos can also be found on Youtube

## THE CONTAINER EXERCISE

- Imagine a container in your mind's eye.
- You can bring things into the container that are distressing.
- Picture those distressing images or ideas and send them into the container, and shut the door.
- Next time that troubling thought arrives, I would like you to imagine sending it here.

# 05

# SELF COMPASSION

## CHANGE CRITICAL SELF-TALK

- Notice the inner critic...what does it say?
- Change your negative thinking into positive thinking.
- Soften the inner critic with compassion, not self-judgment.
- Try some supportive self-talk
- Say three things that you like about yourself
- Write down your strengths

## THE SELF COMPASSION BREAK

- Breathe. Tell yourself... "This is a moment of suffering."  
Tell yourself... "Others suffer like this, and I'm not alone."
- Hands over heart, tell yourself... "May I be kind to myself? May I live with ease?"
- "I have survived hard times before and will survive this too."
- "I am strong enough to get through anything."
- "I am safe and stronger now."