DISASTERSHOCK

STRESS-REDUCING TECHNIQUES FOR TRAUMA

FOR ALL AGES

DEEP BREATHING

For Adults:

Take a slow, deep breath through your nose for two seconds: 1 - 2.

Now hold your breath for two seconds: 1 - 2 and let it out slowly through your nose for two seconds: 1 - 2.

Now repeat, breathe in for two seconds:

1 - 2, hold for two seconds: 1 - 2, breathe out for two seconds: 1 - 2.

Now go to three seconds:

Breathe in: 1 - 2 -3. Hold: 1 - 2 - 3. Breathe out: 1 - 2 - 3. Repeat.

Now continue deep breathing with a 3 second interval until it feels comfortable.

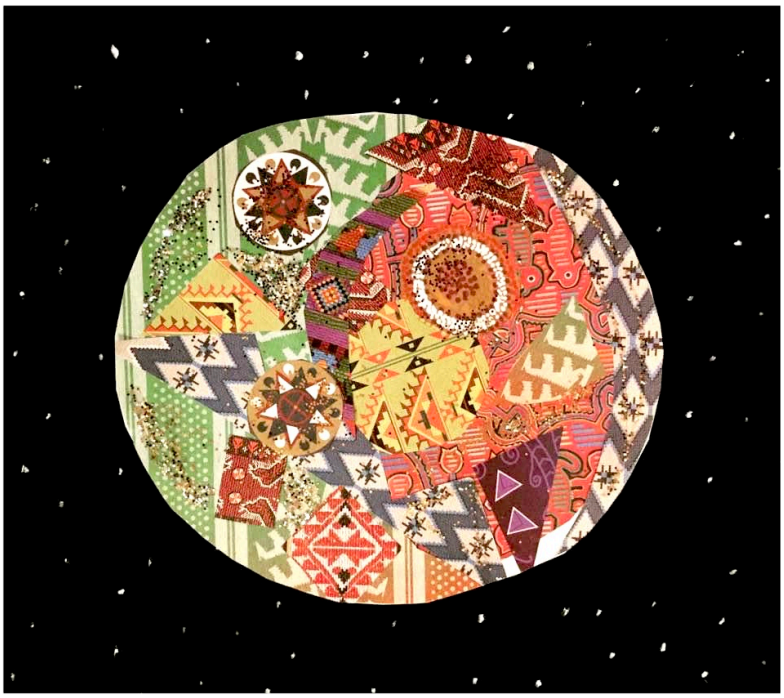
Over 5 minutes, extend your breathing intervals to 4, 5 or 6 seconds. Remember to stop if you feel uncomfortable at any time You can use this method whenever you feel tense.

For Young Children:

Imagine you have a bubble bottle and a wand.

Take the wand and blow the biggest bubble by taking a deep breath in and blowing slowly with the bubble to create your big bubble.

Ask the child to do this for 3 minutes.



EXPRESSIVE ARTS

1) Draw a picture that represents how you feel. What does your anxiety look like?

2) Dance or move your body in a way that expresses your emotions. What does your anxiety feel like?

3) Write a story or poem about your worries and fears. What does your anxiety sound like?

4) Act out your anxiety using costumes and props. How does your anxiety present itself?

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