



WORKING WITH YOUR TRAUMA

by Margaret Bell Counseling

Do one of them or all of them as needed



- Take a moment to look around your room. Look at the walls. The ceiling. The floor. Behind you. Take your time to really see your space, look closely with curiosity. What do you see?
- Use your five senses. What do you hear, see, smell, taste, touch? Take your time.
 - Try picking a sense that is not your dominate sense.
 - Try this with a piece of candy that is still in it's wrapper.
- Place a hand or both on your chest. Feel the rhythm of your breath.
- Breath out. Pause. Wait for the spontaneous inhale.
- Sigh.
- Take three breathes.
 - Inhale for 3 counts, hold for 1, exhale for 3
 - Inhale for 4 counts, hold 4, exhale 4, hold 4
- Do the Rick Flair, WHOA!
- Repeat soothing phrase, prayer, mantra or word.
- Sing, chant or whistle.
- Find an object or an image that brings you comfort, perhaps even a smile to your face. Use it to anchor you to your space. Focus on your object when you feel unsettled, anxious, scared. Settle into the calm-er sensations that your object brings.
- Place your legs up a wall.
- Move your joints. Starting at the top of your downward.
- See three things in your environment and notice one sensation in your body.
- Threefold breathing: pick all three or just one. DON'T do any of these if they feel triggering or overwhelming. Do what feels the most comfortable. Hands to chest breath in, hold, breath out, five breathes. Hands to ribs, breath in, hold, breath out, five breathes. Hands to stomach, breath in, hold, breath out. Five breathes.