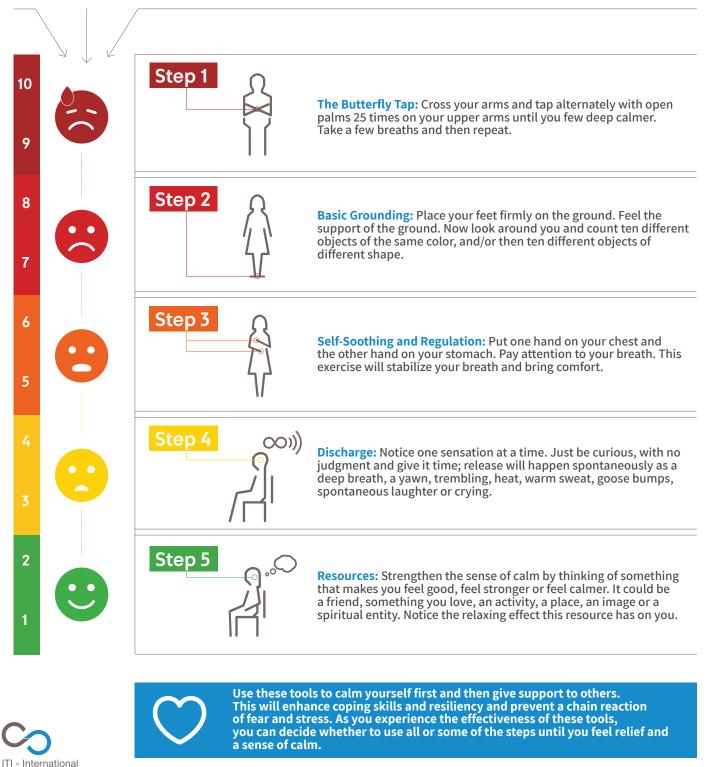




## for managing our emotions and reactions during times of stress or crisis

Does your heart beat fast in times of stress or crisis? Does your breathing get shallower? Does your body tremble? Do you feel confused, disoriented, anxious, panicky or helpless? These are natural reactions in times of stress. They can be calmed and changed on the spot by taking the following steps:

On a scale of 1-10 what is the degree of tension you feel right now? If it's above 6 on the scale, follow all the steps. If it's below 6, go straight to steps 5 & 6.



Trauma-Healing Institute