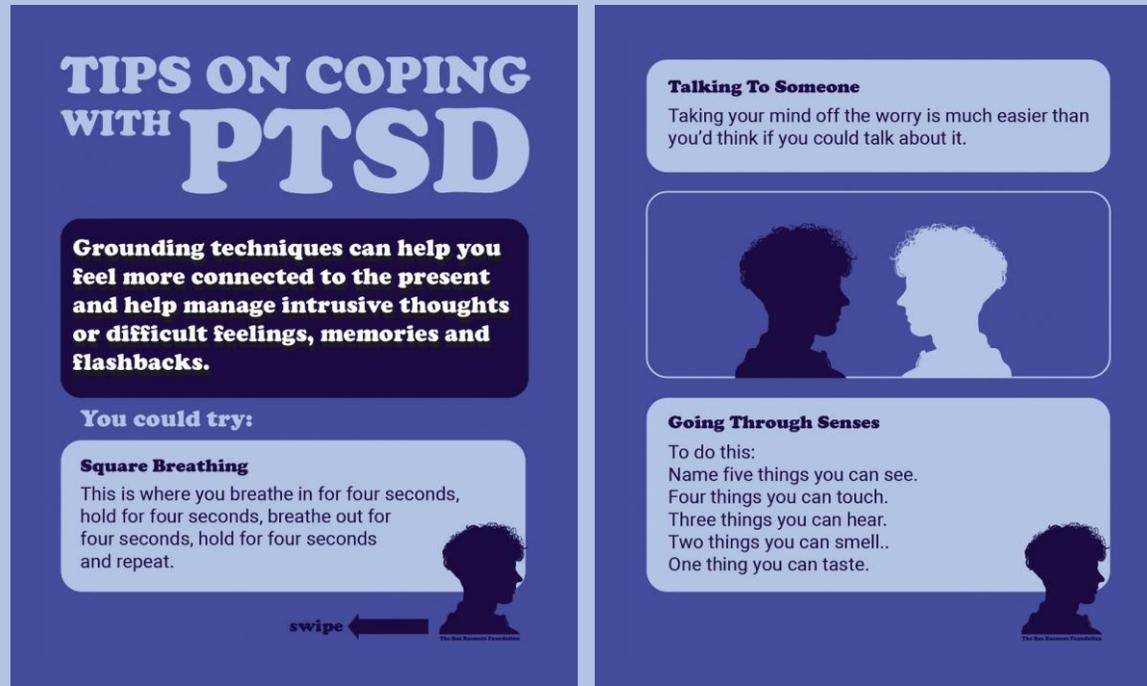


PTSD



TIPS ON COPING WITH PTSD

Grounding techniques can help you feel more connected to the present and help manage intrusive thoughts or difficult feelings, memories and flashbacks.

You could try:

Square Breathing
This is where you breathe in for four seconds, hold for four seconds, breathe out for four seconds, hold for four seconds and repeat.

Talking To Someone
Taking your mind off the worry is much easier than you'd think if you could talk about it.

Going Through Senses
To do this:
Name five things you can see.
Four things you can touch.
Three things you can hear.
Two things you can smell..
One thing you can taste.

swipe ←

The Ben Raemers Foundation