



Dealing with a Crisis

Things to try when you are feeling panicky or desperate:

- If you are having flashbacks or feeling afraid then go to your safest place, as soon as you can.
- A safest place might be a warm and comfortable chair, or space where you can listen to calming music and do some breathing exercises.
- A safest place might be your car, giving you a chance to escape, when you feel able to drive.
- A safest place might be outside, in the garden or in the park, or walking your dog. We are all different and so we want different places to feel safe in.
- It is useful to take some time to think over where you feel safe, so you will know where to be, if you do feel afraid.



0800 783 4608

Remember, you can call our freephone number and leave us a message, if we are not there.

- If you need to talk to someone, try to find a trusted friend or family member and ask if they can help; and/or telephone a helpline, leave a message if the line is not open and/or email TRC at dorothytrc@hotmail.com.
- If you have flashbacks or have specific things worrying you then it can help to write them down. Describe what is worrying you and then you can aim to let it go. Sometimes it helps to send or give it to someone else, or to destroy the paper, or to put it away somewhere.
- You can send what you have written to us at **Trafford Rape Crisis, Unit 314, Peel House, 30 The Downs, Altrincham, Cheshire, WA14 2PX. We will keep it safe for you.** We will not read this unless you give us permission to and we will never show it to anyone else.

Breathing exercises can help you to feel calmer. Try to concentrate on breathing in whilst you count to "4 little crocodiles". Then try to breathe out really slowly, while you count to "8 little crocodiles". Try not to push your breath in or out, just let it come. You might find this too slow or too quick for you. Adjust the exercise as you need. See if you can be still and repeat the exercise ten times over, at any time when you feel panicky. Do stop doing this if, at any time, you feel dizzy.

Other things to try:

- ✓ Listen to some music;
- ✓ Have a warm bath;
- ✓ Use some lavender or other essential oil;
- ✓ Have a cup of tea, hot chocolate or your favourite soothing drink ;
- ✓ Go for a walk;
- ✓ Play a game on your computer;
- ✓ Read a familiar book;
- ✓ Stroke the dog/cat;
- ✓ Cook something you love to eat.

Alcohol may be tempting, but can make you feel worse in a crisis, so try to resist, or limit yourself to just one alcoholic drink.

Please try not to hurt yourself.

Remember that you feel bad because of someone else's actions. It is not your fault. You are a strong and capable woman. You have a beautiful future.

My safest place is _____

I will also **try** _____

I will try to **get in touch** with _____

My **breathing exercise** rhythm is:

Breath in for _____ little crocodiles;

Breath out for _____ little crocodiles;

And repeat this _____ times.



www.traffordrapecrisis.com