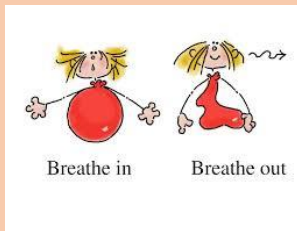


# Tips For Dealing With Flashbacks

Take deep breaths. Try counting each time you breathe in and out.



Find a distracting activity, like listening to music, watching your favorite movie or reading your favorite book.



Put both feet on the ground. Feel your connection to the earth.



Engage in physical activity, like walking, running or swimming



If you are sitting in a chair, hold on to the arms or the seat of the chair.



Talk to a friend or trusted adult.



Clap your hands together.



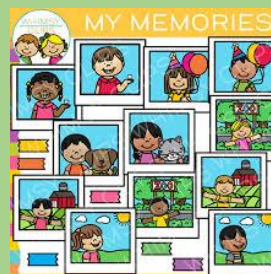
Eat a sweet or sour candy. This will make your mouth water and will also cause a relaxation response in your body.



If you are sitting, get up and move around.



Practice positive self-talk. Remind yourself of happy thoughts and or memories.



Look around. Remind yourself where you are.

**Remember**

- 5** things you can see
- 4** things you can hear
- 3** things you can touch
- 2** things you can taste
- 1** thing you can smell



Take a relaxing bath.

