

What you can do to feel better

Remember what makes you feel good

- Which smell calls up good memories?



- What kind of music do you like?



- What is your favourite food?



- What gave you the strength to come this far?

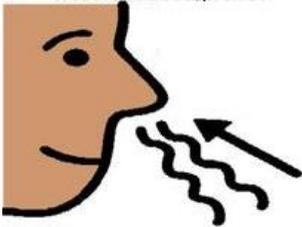


- Is there a picture that calls up good memories?



Breathing slowly 3 times helps you to relax

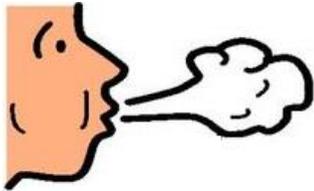
1. Breathe in slowly



2. Hold your breath for a few seconds



3. Breathe out slowly



4. Hold your breath for a few seconds



STRESS SCALE

Your body can be tense and anxious,



10

9



8

7



6

5

4



3

2

or it can be calm and relaxed.



1

0



How do you feel?
Tick the scale where applicable ...
... and show it to your social worker.

If your feelings give you a warning signal ...



... you can get help

Sprache: Englisch; Stand März 2016

Does this apply to you?	Yes	No
I cannot go to sleep at night.	<input type="checkbox"/>	<input type="checkbox"/>
I feel ill and I am in pain.	<input type="checkbox"/>	<input type="checkbox"/>
I have the feeling something is wrong with me.	<input type="checkbox"/>	<input type="checkbox"/>
I have nightmares.	<input type="checkbox"/>	<input type="checkbox"/>
I am tired and I don't feel like doing anything at all.	<input type="checkbox"/>	<input type="checkbox"/>
I keep thinking of bad things that I would rather forget.	<input type="checkbox"/>	<input type="checkbox"/>
Many things make me angry and drive me crazy.	<input type="checkbox"/>	<input type="checkbox"/>
Sometimes I feel as if I was not there.	<input type="checkbox"/>	<input type="checkbox"/>
I find it very hard to concentrate.	<input type="checkbox"/>	<input type="checkbox"/>
I find it very hard to control my feelings.	<input type="checkbox"/>	<input type="checkbox"/>
I feel tense and I get scared easily.	<input type="checkbox"/>	<input type="checkbox"/>

Why do I feel different now?

When people are in danger, their brain activates an "emergency programme".

Your body responds and

- you are wide awake,
- your muscles are tense,
- you don't feel any pain.



When the danger is over, your brain does not go back to its "normal programme" immediately. It stays in the "emergency programme" and it feels as if the danger was still there.



What you are feeling now is your emergency programme. Your feelings are **normal reactions to abnormal events**. You can learn to stop the emergency programme. We will help you.

