DEEP BREATHING

RATIONALE: Sometimes something in the environment might remind you of your scary experience even though you are perfectly safe (kind of like jumping because you see a stick in the park that reminds you of a very dangerous snake you saw previously). When that happens, you might notice your heart racing, your body feeling tense or shaky or sweaty, and your stomach might feel sick. Those things happening in your body are caused by the release of chemicals in your brain. Your brain releases those chemicals to help you get to safety because it thinks you are in danger. When you, you send the message to your brain that everything is actually OK and the brain stops sending those chemicals. Cool right?

INSTRUCTIONS: Concentrate on your breathing, watching or imagining your belly slowly going in and out. You might notice this is how you breathe when you are asleep! Try practicing this for a few minutes every morning before school, when you get home from school, after dinner and before bed.

MONITORING:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning							
Afternoon							
Evening							
Bedtime							

TRAUMA REMINDERS: