

## Trauma

### Dealing with Unpleasant Memories or Flashbacks

Both large and small traumas can pop up in our minds in the form of unpleasant memories, flashbacks or recurring negative thoughts.

To deal with these, try the following:

1. Anticipate the times and places when these memories pop up, and be prepared.
2. Write your troubles on paper or draw a picture of the memory. Then you can lock it up in a box, burn it, tear it up, etc.
3. Say soothing or positive things to yourself, or listen to a soothing tape that's been made for this purpose.
4. Go for a run or brisk walk.
5. Splash cold water on your face, stand up and stomp around the room in a rhythmic manner, clap your hands or sing a song.
6. Look around you and name objects you can see in the room, rub your hands against the arms of your chair and notice the texture, listen to your own breathing, tell yourself where you are and that you are okay right now.