

Coping With Flashbacks

- Letting emotions out...allowing ourselves to cry and be upset by it.
- Carrying a small stone in pocket everywhere and holding it and trying to connect to the "now".
- Sing a song or chant
- playing musical instrument.
- Take off shoes and feel ground beneath feet, Touch a wall, flat palm.
- Looking at the room and naming things.
- Herbal calming pills
- Doing puzzles; coloring; Scribble in the corner of my paper to focus attention on the writing motion
- Have lists of things to do when there is a flashback coming.
- Calling a hotline.
- Go to a safe spot - bring the phone - grab a pillow - don't bring things that can hurt you - list of phone numbers to call for support including best time to call.
- Get space; take a walk.
- Reading current magazines (helps to remind you of present)
- Cleaning.
- Counting backwards from 100.
- Keep reminders of good things around me: like cards people have sent
- Repeat to myself over and over that it is only a flashback
- Aromatherapy: lavender; candles
- Relaxation; deep breathing; relaxing music; taking baths
- Practicing visualizing things... and then pushing the images to more of a distance.
- Exercising
- Going with flashback; let them continue and see where they end; just riding them in a safe place is easier and takes less time than trying to fight it; it's a bit like if you are driving on ice and you skid....you are supposed to just let the car skid and not fight it.
- Writing flashback down; keeping journal; Making picture of flashback.
- Use panic attack techniques if you go into panic attacks when you have flashbacks

- Ask others for help: tell them what you need
- Remind yourself that you are in the present: think of the year and your age
- Think positive thoughts; have affirmation cards with you
- Sit up straight and put both feet on the floor
- Practice grounding when you don't have a flashback so when you do you know how to do it
- Use imagery and go to a safe place in your head
- Use your five senses to ground yourself
- Drink something cold or hot
- Carry something with you that is small and can fit in your hand that is grounding. A stone or little toy will work.
- Turn on the lights
- Use memory techniques to ground yourself, like saying people's names or naming cities
- Pray
- Stay away from places where you will be alone or tend to use unhealthy coping skills
- Use a containment box to hold the flashback in