

Physiological (Body) Sensations Associated to Psychological Distress:

Racing Thoughts Shaking/Trembling Sweating Cold/Clammy Feeling
Tunnel Vision Headache/Migraines Inability to Concentrate Desire to Escape
Light/Dizzy/Light-Headed/Spacy Feeling Feeling Numb/Out of Sorts/Not Yourself
Inability to Feel Present In The Moment/Time/Place Inability to Recognize Yourself
Inability to Make Decisions Feeling Empty or Hollow Shaking Hands or Legs Freeze
Facial Twitching Dry/Sour Mouth Nausea/Queasy Feeling Pupils Dilate
Rapid Heart Rate Loss of Energy/Fatigue Shallow Breathing Shortness of Breath
Difficulty Swallowing Or Breathing Feeling As If You Are Suffocating Legs Feel Heavy
Tightness in Chest/Neck/Stomach Knot or Butterflies in Stomach Inability to Speak
Need to Urinate/Diarrhoea Constipation Gas or Stomach Cramps
Blushing Or Flushing Tightness Around the Eyes Holding Your Breath Clenching hands/feet
Depression Constant Worry Agitation Feeling Overwhelmed Hyper-ventilating
Hyper-vigilance Intrusive Thoughts Sweaty Hands Inability to Relax
Frequent Skin irritations/ Infections/ Rosacea – Redness of Skin/Acne Peeling Skin

Behaviors You May Notice: Increased Desire to Engage in Chatter or Remain Silent

Jaw Clenching Teeth Grinding Nail Biting Pacing Procrastinating Responsibilities
Excessive Sleep/Insomnia Nightmares Apathy Isolating/Alienating Yourself
Emotional Eating Restricting of Food Intake Eating Only Garbage Food
Loss of Desire to Engage in Self-Care Increased Irritability with Loved Ones
Saying No to Good Ideas and Yes to Bad Ideas
Increased Use of Caffeine, Tobacco, Alcohol, Drug Use, Excessive TV Watching

Increase in Other Risk-taking behaviors: Speeding, Unprotected Sex, Excessive Spending

Emotional Reactions You May Experience - Anxiousness Fear Insecurity

Unsure Of Yourself Sudden Mood Swings or Increased Moodiness Short-Tempered

Loss of Confidence Feeling Lost Insignificant Resentful Bitter Confused Ashamed

Vengeful Hopeless Helpless Angry Worry Panic

What To Do If you become flooded - Distract Yourself – Take a Time Out

Engage Your Senses in a Mindful Way (Try to fully focus/engaged on doing one task and doing it without self- judgment). Don't expect to be perfect, simply refocus if you get distracted.

If This Isn't Feasible Use a distraction technique such as 54321

5 – Name 5 things you can see

4 – Name 4 things you can hear

3 – Name 3 things you can touch (do it)

2 – Name 2 thing you can either taste or smell

1 – Name 1 thing you feel inside your body

Or Ground Yourself Using Another Technique:

Have a cup of tea –while taking a time-out

Smell something pleasant (my favorites are horses, dogs, flowers and/or jasmine)

Wash your face with cold water

Suck an ice cube or lemon candy

Rub your palms on a rough surface

Ground your feet on the floor and practice deep belly breathing

Practice Self- Care –Be Good to Yourself – Do not beat yourself up – Try to Name your

Emotions and Emotional Needs. Ask yourself what you need?

Do not have feelings about your feelings – this only makes matters worse.

Remind yourself that you are flooded or triggered and that it will pass.

Book an Appointment with Your Therapist and Come Process/Understand What is Going On