

Individual Workbook – Trauma Response

Name

Dear Child,

This is your book. You can make it special as you draw the pictures that come into your mind as you read the words on each page. Some children find it easier to draw pictures about some things than it is to talk about them. You do not have to be able to draw well to add your thoughts and feelings to this book. There is no right or wrong way to tell what you feel or think. You can do it your way.

We understand that you have been through very difficult circumstances and therefore, while you are here we want you to feel safe, respected and supported. There are people here you can talk to and express your feelings to.

Most children feel better after they have talked about their feelings with someone. It is important to learn how to share honest thoughts and feelings. It is the first step for making changes and taking better care of yourself.

We hope that you will find this book useful. If you have any questions or concerns as you go through this book you can speak to the people here who are especially there to support you.

Welcome!

This is a safe place for you to feel better about upsetting or confusing events that you have experienced. You will get to draw, write and talk. You will learn many important things about the upsetting and confusing events, your feelings, relaxation and how you can stay safe. You will also learn many things about yourself – your strengths, feelings and thoughts.

You can write about or draw a picture to show how you feel about being here today.

(space to draw)

Do you have any questions?

You are special and unique.

There are many special things about you and many things you are good at. Write or Draw some things that you are good at.

(space to write/draw)

Remember, you are special and unique!

Learning About Traumatic Events

Upsetting or confusing events are also called Traumas. Traumatic events can cause people to feel very afraid, upset, confused, helpless, angry, empty or numb.

You may have experienced one or many traumas in your life that may have a very strong impact on how you feel and behave every day. We want to acknowledge that you have gone through something traumatic which has been very difficult.

Many children have scary memories or dreams about the trauma they have been through. Some also feel jumpy or nervous or angry. After trauma, a lot of children watch out for danger and worry about bad things happening. Some children also have trouble sleeping and paying attention. A lot of children feel like they don't want to talk about or think about the trauma, but trauma memories pop up in their minds anyway. When something reminds them of the trauma, they feel upset and may have strong reactions in their bodies (heart beating fast, stomach ache). Others may feel empty and numb, like they can't feel anything at all. Some people may ask you to forget these feelings and this

It is important for you to know that is OKAY to feel these feelings.

Circle any of the things above that you have experienced since the trauma.

(Volcano, pictures to show – , bottled up emotions, - colour the volcano,

Some children feel..... Draw what is ur feeling like)

Relaxation

Relaxation is about feeling calm and peaceful. After traumas happen, we often feel tense, jumpy, and worried. We feel better when we learn to relax our bodies and minds! This exercise teaches us how to relax using our muscles. (ensure tone is even, stable and calming) (describe the setting in which the exercise has to be done-not to be done in a hurry. Otherwise don't do it))

Sit comfortably in your chair with your arms at your sides and your feet on the floor. Close your eyes or look down at the ground while you do this exercise. Imagine that you have a ball of clay in your right hand. Squeeze that ball of clay as hard as you can! While you are squeezing feel how tight the muscles of your hand and arm are. Count to five as you squeeze, then drop the ball of clay and let your hand hang loose. Feel the difference in the muscles of your hand and arm while they are relaxed. Repeat to yourself, "my hand is relaxed". Now do the same thing to your left hand. You can do this with all the parts of your body one at a time or all at the same time. Which way would you like to do it? Don't forget to include all your muscle groups (arms, feet, legs, stomach, back, chest, shoulders, face)

(Do it in pictures)

Write/draw two pictures of yourself below -

Tight/tensed/stressed

Relaxed

Let's Relax – [audio cd for the PO with narration](#).

Were you able to do the muscle relaxation exercise in a tense situation you may have experienced?

Many teens have trouble calming down or falling asleep at night. If this ever happens to you, practice this activity when you want to relax.

Lie down or sit comfortably somewhere quiet (on your bed). Breathe in slowly and out even more slowly. Close your eyes and imagine you are floating on a soft, fluffy cloud. You feel very safe on your cloud as it cradles your body like a hammock. Your whole body feels very relaxed and heavy. Notice your feet. Your feet feel very relaxed. Your feet feel so heavy that it would be hard to lift them if you tried. Now notice your legs. Your legs feel very relaxed. Your legs feel so comfortable all nestled into your cloud. That nice warm relaxed feeling is slowly travelling up your body, filling it with peace. Notice your stomach. It feels very calm and filled with a pleasant warmth. Now be aware of your chest. Your chest feels relaxed as it moves up and down slowly with each breath. Notice your neck and shoulders. They feel so tranquil and heavy. Feel the backs of your shoulders touching the cloud below you, sinking in gently. Feel how relaxed your head is right now. It feels very warm, pleasant and heavy. Your head and face are very relaxed. Your mouth and eyes are free of stress. Allow your thoughts to come and go without worrying about anything. Everything is okay, and you are feeling very calm and good. Enjoy the warm, calming sensation as it travels all around your body, filling you with peace and relaxation.

Did you get a chance to use the relaxation technique that you learnt last time? If so how did it make you feel?

Deep breathing

Sometimes when we are upset, we forget to breathe. Or we take short, shallow breaths (like a puppy dog panting) that don't give our bodies the oxygen we need. To help ourselves feel relaxed and calm, we can practice deep breathing. Deep breathing is when you breathe in slowly and deeply (counting to 5 in your head) as your lungs fill up with air. Then you let the air out, even slower (count to 6) and watch your belly go back in as the air is slowly pushed out. Pay attention to the air as it moves in and out of your body as you count.

Whenever you feel upset or overwhelmed, or you feel like you are not in control of your thoughts and feelings, you can use these relaxation exercises to help you feel better.

About Feelings – Picturise it / time to reflect and draw

Feelings are what we feel in our bodies and hearts. There are many different feelings that we have, and our feelings may change from moment to moment. Sometimes we even feel two or more feelings at the same time.

Write down as many feelings as you know. Some feelings are given below to help you start thinking.

Happy Guilty Jealous Confused Excited nervous lonely loved bored

Experience Feelings in Your Body

Feelings are something people feel in their body. People often stuff feelings inside that are too scary or hurt too much. This can make people feel sick or tired. It can cause aches and pains.

Colour the places where you get aches or pains.

Are these the same places where you keep certain feelings. Think of which feelings are hidden in these places. Example – when you are very sad you may experience chest pain or heaviness. Stomach ache when you feel nervous.

Feeling Survival Kit

When people feel sad, scared, angry or worried there are some things that they do to feel better. You can pick some tips from below that could use when you feel very upset or angry. You can also add to this list, things that you can do and say to feel better.

Stop that thought – Sometimes we think about bad things over and over and these thoughts make us feel really bad! But guess what? You can stop these bad thoughts. All you have to do is notice when these bad thoughts play in your head. As soon as they do, say “STOP”. You can also say “Go away bad thoughts” and can sing your favourite song or think about a happy time.

Walking fast – Some people go on a walk to distract themselves from their bad thoughts. You can try taking short brisk walks in your room concentrating on your feet or the pace at which you are walking.

Drink cold water - ???

Count to 10...

Intensity of feelings – Monthly monitor

A calendar for you to rate your feelings. Rate your most prominent feeling of the day using this thermometer.

EXAMPLE – I was feeling restless for most part of the day today. I would rate my feeling as 8 on the thermometer.

At the end of the month, you can look back at your calendar and add up and calculate your scores for the least felt and most felt feelings. Would you like to change this or is this okay? Would you want to do something to change these scores? If so, what would you do next month so that your scores are closer to what you would like it to be.

When you feel a new emotion or a complex one, which may be difficult to describe, for eg fear and happiness together or sadness and hope together, highlight these in your chart and if possible write a few lines about it. If you feel up to it, share the experience with a friend.

My Safety Plan - While you are here and even when you go out from this place, it is very important that you feel safe. For this, it may be a good idea to identify your safe and unsafe people and situations. Everyone needs to know who are the people in their lives who care for them and who they can trust. This exercise will help you identify those people in your life.

The Caring Circle

Sometimes families knowingly or unknowingly put their children into dangerous and unsafe situations. This is extremely sad and difficult to deal with. In such a situation the family itself becomes unsafe for the child. For the sake of the child and her safety, going back to her family is not the best option. It is important that this child finds another adult who she can trust and think of her best interest.

Emergency Numbers

Here is a list of numbers that are important to know

Police – 100

This is the main police control room number. When you call and give them your location and details, they will send help to you immediately from the nearest police station

Childline – 1098

This is the number of an organization that works with the government to help children in need. You can call them for help for yourself or even some other child you see in trouble. When you call and tell them about your difficulty, they will immediately send people to your location to help you.

Women and Children Helpline – 103

This is a Police helpline number specially for children and women. The police come immediately to the location where you are once you give them your details.

Your Probation Officer's Number -

A local Organisation's Number -

Your safe person's number -

Any other numbers you think are important to write down

Health in your hands

Information on STIs

Who you can consult – Doctor, Gynac

Children can do good things for themselves

(draw a star on the ____ if you do those things now)

(draw a tick on the ____ if you will try to begin doing those things)

____ Feel all feelings. Share some with friends

____ Believe that you are important and special

____ Share with your PO/Counselor/an Adult you trust if something is bothering you

____ Say something good to others and yourself each day

____ Say “no” to things that are not good for you, including bad thoughts

____ Practice relaxation techniques when overwhelmed with feelings

____ Spend time having fun and doing what I like to do

____ (Add something you think is important)

Your Fabulous Future

What hopes and dreams do you have for your future? Please draw or write some of them in the space below.