

Small Steps Towards Healing

After a Traumatic Event

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BE PRESENT

If your thoughts get too overwhelming practice getting into the here and now.

Set a timer for 5 minutes and focus on the sensations in your feet, then legs, then hands.

If other thoughts about the past or future come to mind, take a slow breath and bring your attention back to the sensations in your feet, legs, and hands.



START SMALL

Ask someone you trust to drive past the location you fear with you. Drive by the location together.

Don't stop if it's too overwhelming for now.



Repeat this thought: "Just this trip for now, just this one".

On the same trip or on a later one, stop at the location. Sit in the car for a while. You can get out of the car if you feel comfortable. If not, just sit for a bit.

RECLAIM YOUR SPACE

Walk into the building when ready, surrounded by friends. Be there for each other. Show up for others, if not for yourself.

Repeat to yourself: "Just this one class; I can do that. Just this one morning; I can make through."

Reclaim your space. This will take time. Slowly, together, it will become yours again.



LOOK OUT FOR YOUR FRIENDS

For some youth, it can be hard to reach out to the supports that are available in the community.

If you have a friend who is really struggling, let a trusted adult (like a school counsellor or teacher) know so they can check in with your friend.

Download the free Mindshift app from AnxietyBC or search for mindfulness exercises online.



Try a few calming exercises until you find one that is soothing for you.

PRACTICE BEING MINDFUL

EXERCISE

Exercise hard enough for 30 minutes to get a sweat on. This will help disperse the stress response neurochemicals in your brain and body.

Do this daily if you can.



Spend time at home or at the home of someone you trust and try talking about the hardest part about this time with someone.

If you don't like how that person responds to what you say, kindly explain how you'd like them to respond (e.g. Just listen, sit near me, validate how I'm feeling without trying to fix me).

TALK WITH A TRUSTED PERSON

Can you sit with me?



Of course. Whatever you need

LOCAL and WEB BASED RESOURCES

FRASER HEALTH CRISIS LINE: 1-877-820-7444

START CRISIS TEAM: 1-844-782-7811

CHILD AND YOUTH MENTAL HEALTH: 604-870-5880

IMPACT YOUTH SUBSTANCE USE: 604-853-1766

FORCE SOCIETY (parent support): 1-855-887-8004

KELTY MENTAL HEALTH: 1-800-665-1822

KIDS HELP PHONE: 1-800-668-6868
kidshelpphone.ca

YOUTH IN BC: youthinbc.com

MINDCHECK: mindcheck.ca

