

Coping With Body Memories

- Breath
- Remember it will pass
- Focus on the feeling and getting it away
- Remember that that feeling actually isn't happening in the moment
- Go to a private place and meditate
- Replay what happened and then remember that it is all over. Remember that this can be triggering.
- Focus on your surroundings
- Focus on other sensations (hold an ice cube, drink hot tea, chew gum, or exercise)
- Talk or write about what feelings/memories are brought up by the body memories
- Use positive self-talk to get through the feelings
- Repeat affirmations
- Do grounding exercises: name 5 things you see, 5 things you smell, 5 things you feel, 5 things you hear, and 5 things you taste (Note: don't do the senses that are triggering in that moment)
- Do something nice for your body like taking a bath, putting on lotion or a nice smelling perfume, or wear comfy clothes
- Write a letter to your body venting your feelings
- Stretch
- Ask your body what it needs
- Aroma Therapy