

Resources for Resilience

Resources for Resilience (R4R) provides free access to self-help techniques that can help you recover more quickly and easily from stress and trauma caused by a range of occurrences from everyday upsets to natural disasters, neglect, abandonment, abuse, violence, and war.

Access free videos and written instructions for these self-help techniques at:



See for Yourself!

Over a million people around the world have discovered how energy practices can help reduce stress and emotional overwhelm and return to a calmer state.

You can use these simple, effective tools and exercises to help yourself and others become re-empowered and develop more resilience.

You will find easy instructions in this brochure. Videos and descriptions with these and more techniques are available for free: <https://tinyurl.com/R4Rvids>.

Resources for Resilience Contact Information

Brought to you by ACEP's Humanitarian Committee

www.energypsych.org

acephum@gmail.com



What Are Energy Practices?

Energy practices help reduce the harmful effect of stress and trauma on both body and mind, helping people take better care of themselves and everyday life events. These approaches combine ancient Eastern mind-body traditions with modern Western concepts from psychology and neuroscience.

Energy practices help remove the emotional charge, whether from a highly traumatic experience or the stresses of everyday living. These safe and effective techniques help your body and mind focus on recovering and re-building, so you can feel better.



Ulf Sandstrom and Gunilla Hamne with Peaceful Heart Network and members of ACEP's Humanitarian Committee demonstrating **Trauma Tapping Technique**.

What is ACEP?

ACEP, the Association for Comprehensive Energy Psychology, is an international, professional organization of health care providers and allied practitioners who use energy practices. ACEP offers educational conferences, workshops, and online programs; creates and supports humanitarian projects; helps develop and fund research; establishes ethical guidelines; and offers members networking and support.



Looking to Relieve *Stress & Trauma?*



You Are Not Alone

Experience Peace of Mind

Learn Calming Techniques



www.energypsych.org/resilience

www.energypsych.org

Healing is Possible

Some Common Signs of Stress & Trauma

- Anxiety, fear, irritation, or anger
- Overly emotional reactive, overly vigilant
- Cravings, addictions, or addictive behaviors

- Fatigue, tiredness, numbness, or withdrawal
- Restlessness, insufficient restful sleep, nightmares
- Behavior changes, such as aggressive or reckless behavior

- Uncomfortable body sensations or changes
- Changes in breathing, digestion, heart rate, or libido
- Pains, aches, or illnesses

FAST - First Aid for Stress & Trauma

Connected Heart Breathing

To become peaceful:

1. Place both hands over center of chest.
2. Breathe gently and deeply — imagine breathing through your heart.
3. Recall a positive feeling of love, appreciation, or gratitude.
4. Continue heart focus/"heart breathing" for several minutes.



Adapted from Heart Math
www.heartmath.com

Calming Hug

To calm anxiety and agitation:

1. Wrap the hand of one arm around other arm holding just above elbow.
2. Put other hand underneath arm, along ribs.
3. Hold for about one minute, then switch arms.
4. Repeat until a calming shift is felt. You can easily do this without anyone noticing.



Adapted from Donna Eden
www.innersource.net

Four Thumps

To help with shock:

You may feel numb or frozen when feeling shock, which is very common when experiencing or observing a traumatic event. Try this to reset your nervous system and increase energy in both your mind and body.

Tap each point 20 times:

1. Use 2 fingers to tap gently on cheekbones under eyes.
2. Tap dips under collarbone vigorously.
3. Use fists to thump at center of chest.
4. Use fists to thump on both sides of ribs.



Adapted from Donna Eden
www.innersource.net

Web Resources

ACEP Humanitarian Committee

<https://tinyurl.com/ACEPHumanitarianCommittee>

Resources for Resilience

<http://www.energypsych.org/resilience>

Resources for Resilience YouTube Channel

<http://tinyurl.com/R4Rvids>

Peaceful Heart Network

<http://www.peacefulheart.se>

Finding Recovery and Empowerment from Abuse

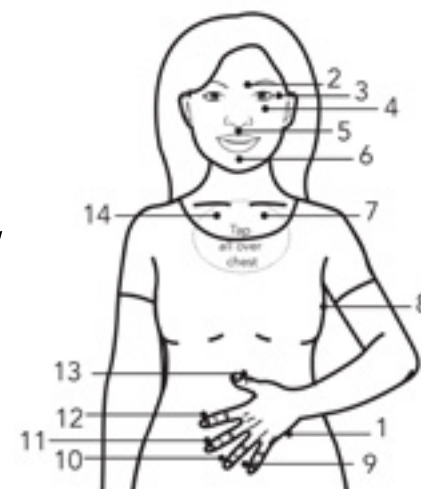
<http://www.FREA.support>

Trauma Tapping Technique

To quickly reduce and release the effects of traumatic memories and events:

Tap on yourself or have someone tap on you:

1. Connect lightly to what bothers you.
2. Tap with two fingers about 15 times on each point.
 - Start on the side of the hand (point 1)
 - Next the eyebrow (point 2)
 - Continue down the body, then the fingers, and back to the chest (points 3-14)
3. Take two deep breaths and exhale each slowly.



4. Repeat Steps 2 and 3.
5. What do you notice? Many find their upset sensations reduced or gone.
6. Any remaining upset? Repeat Steps 2 and 3 until calm.

Adapted from Peaceful Heart Network
www.selfhelpfortrauma.org

