



Dealing with a Crisis

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Things to try when you are feeling panicky:



If you are having flashbacks or feeling afraid then go to your safest place, as soon as you can.



A safest place might be a warm and comfortable chair, or a space where you can listen to calming music and do some breathing exercises.



A safest place might be your car, giving you a chance to escape, when you feel able to drive.



A safest place might be outside, in the garden or in the park, or walking your dog.



We are all different and so we want different places to feel safe in.



It is useful to take some time to think over where you feel safe, so you will know where to be if you do feel afraid.

England & Wales
0808 802 9999

Scotland
0808 801 0302



Remember, you can call the **Rape Crisis freephone** number and leave us a message if we are not there.



If you need to talk to someone, try to find a trusted friend or family member and ask if they can help.



You could also telephone a helpline. Leave a message if the line is not open.



If you have flashbacks or have specific things worrying you, then it can help to write them down. Describe what is worrying you and then you can aim to let it go.





Sometimes it helps to send or give it to someone else, or to destroy the paper, or to put it away somewhere.



You can also send what you have written to Rape Crisis. We will keep it safe for you. We will not read this unless you give us permission to and we will never show it to anyone else. Find out where to send it by ringing the freephone helpline number on page 2.





Breathing exercises can help you to feel calmer. Try to concentrate on breathing in whilst you count to “4 little crocodiles”.



Then try to breathe out really slowly, while you count to “8 little crocodiles”.



Try not to push your breath in or out, just let it come. You might find this too slow or too quick. Adjust the exercise as you need.

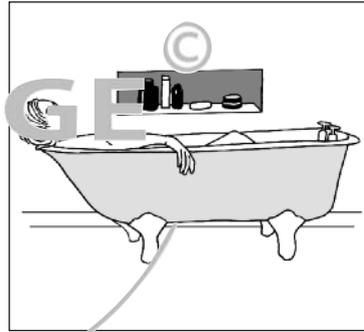


See if you can be still and repeat the exercise ten times over, at any time when you feel panicky.

Other things to try:



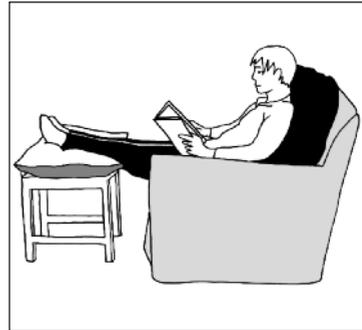
Listen to music



Have a bath



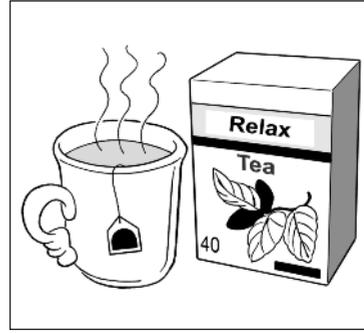
Go for a walk



Read a book



Use some
essential oils



Have a soothing
drink



Play a game on
your computer



Stroke the dog /
cat



Cook your
favourite meal



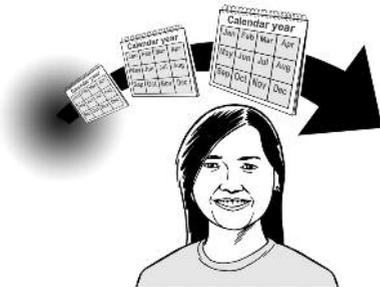
Alcohol may be tempting, but can make you feel worse in a crisis. So try to resist, or limit yourself to just one alcoholic drink.

Please try not to hurt yourself

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Remember that you feel bad because of someone else's actions. It is not your fault.



You are a strong and capable woman. You have a beautiful future.

My safest place is

.....

I will also **try**

.....

I will try to **get in touch** with

.....

My **breathing exercise** rhythm is:

.....

Breath in for little crocodiles;

Breath out forlittle crocodiles;

And repeat thistimes.



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www.rapecrisis.org.uk

www.rapecrisisscotland.org.uk

www.changepeople.co.uk © **CHANGE**