

## First aid kit for survivors of war and violence including Body2Brain ccm® exercises and information about trauma

Why am I so different? Why do I act so differently? War, migration and expulsion are very stressful experiences. Nothing seems normal anymore. In such situations we may experience the world only through a haze. We are only reacting instinctively.

You might have noticed yourself behaving unusually and in distress. You are behaving unlike yourself. After intense, painful experiences which are difficult to cope with such behavior is both normal and understandable.

You are normal but war, flight and expulsion are not. They might harm your health.

### What might happen:

- you can't concentrate and experience concentration difficulties with memory .
- painful memories come back repeatedly.
- you are fearful, anxious, jittery and irritable
- that can lead to aggressive behavior which is unusual for you
- you feel sad, tearful and down
- you are hyperactive, lethargic or both alternately
- you feel guilty because you left and people (dear to you/you love?) had to stay behind
- You might feel unspecific physical pain or overall exhaustion
- you might even believe that you don't have a future anymore or that you are worth nothing
- nothing interests you anymore and you don't want to talk with anyone
- you feel strange and cannot understand yourself anymore

This state is called Post Traumatic Stress (PTSD)

People subjected to violence may have some of these symptoms. The nervous system is stressed to the maximum.

If you are at a safe place the symptoms may subside. You can help yourself with some „First Aid“ exercises, developed by a specialist on trauma.

Your body can help you to calm down your thoughts and your feelings. The exercises are easy and you can learn them right now. Just put together your favorite program and share it with friends and your family, because together it's even more fun. Do the exercises several times, like a physical work-out . They can have the same effect as good medicine. And you can decide for yourself how much you want to do.



## **First Aid for anxiety and panic attacks**

These simple body exercises can work wonders and they reduce anxiety and restlessness. They can help you feel safe so that you can think clearly again.

### **Hands on the hips**

Lift your arms a little and push your hands right and left onto your hipbones. You can transfer your whole weight onto your hips through your hands. Hands on the hips is a real courage-posture.

### **Snorting**

Horses are great snorters!. Try it yourself: snort! You have to loosen your jaw. Let the air flow out of you.... bbbbbb-bbbb-rrrrrr! Horses do that to release tension. This calms the nerves.

### **Blow your nose**

This exercise is effective and you can do it anywhere. If you have a panic attack or feel fearful, take a tissue and blow your nose as hard as possible. Imagine blowing out all panic and fear into the tissue. You can throw out the tissue with its content. Get it out of your system!

### **Standing on one leg**

A simple and important exercise for anxiety. Stand on one leg for one minute. If you don't feel confident in the beginning and your knees are shaking: leave the toes of your lifted leg on the floor so that they help balance you. Once you are more confident be more ambitious: Lift the leg and then stretch the leg and also your arms. Concentrate on your leg and your balance, so that there is no place for fear anymore.

### **Stamp with our feet**

It's really easy: Stand legs apart and then stamp both feet alternating on the floor- right left, right and left. This will help you strengthen your sense of security and confidence.

## **Instant help to boost feelings and confidence**

These exercises are special. They can make you happier. Laughing is very important and healthy for the body. Also it clears your head.

### **Walking**

Walking is something you have done since you were about 1 year old. Start walking and let your arms swing with you.

Several times a day you can do a little sprint, 15-20 meters can be enough to trigger happy feelings.



## Jumping

You know how this works: jumping. With both legs, or from one leg to the other. Jumping in the air, or down the stairs. Jumping is a little bit like flying and is fun.

You can jump almost everywhere. Start the morning with jumping. It relaxes your body and your thoughts.

## Hand on the heart

Place your right or left hand, or both hands on your heart. You can place your hand very softly or with some pressure. Your heart likes this friendly touch and it will help you to feel calmer and better. In your thoughts you can say the words: „Well done“.

## Shoulder swing

With momentum swing your arms from the front to the back over your shoulders.

– Alternate right arm over right shoulder- left arm over left shoulder.

Imagine that you're throwing your sorrows right and left over your shoulder and that you leave them behind. You can also jump at the same time- then it has the double effect.

## Yawning

Open your mouth wide and yawn - you know how this works. Or just pretend to yawn. This loosens the tension in your face muscles and your thoughts and feelings can also relax. This exercise will also help you improve the quality of your sleep. Good sleep is very healthy- and can help you. That's why it's good to yawn.

**And one last important thing: If you feel that you can't help yourself anymore, turn to helpers. Looking for help is a positive sign and is not a sign of weakness .**

All exercises originate from the Body2Brain ccm® method with the collaboration and by courtesy of Dr. med. Claudia Croos - Müller, Doctor for Neurology and Psychotherapy, EMDR Therapist, [www.croos-müller.de](http://www.croos-müller.de)  
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