Client Care Guide

Psychotherapy involves talking about difficult thoughts and feelings for some people they may find they experience distress in between our sessions together. We have put together this guide to help you reduce and manage any distress you may feel.

*Ground Yourself*

**5:** Acknowledge **FIVE** things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.

**4:**Acknowledge **FOUR** things you can touch around you. It could be your hair, a pillow, or the ground under your feet.

**3:**Acknowledge **THREE** things you hear. This could be any external sound. If you can hear your belly rumbling that counts! Focus on things you can hear outside of your body.

**2:**Acknowledge **TWO** things you can smell. Maybe you are in your office and smell pencil, or maybe you are in your bedroom and smell a pillow. If you need to take a brief walk to find a scent you could smell soap in your bathroom, or nature outside.

**1:** Acknowledge **ONE** thing you can taste. What does the inside of your mouth taste like—gum, coffee, or the sandwich from lunch?

*Regulate Breathing*

1. Relax your neck and shoulders.
2. Keeping your mouth closed, inhale slowly through your nose for 2 counts.
3. Pucker or purse your lips as though you were going to whistle.
4. Exhale slowly by blowing air through your pursed lips for a count of 4.





*Distract Yourself*

*Engage in a Mental Activity*

Example Activities:

* Describe the steps in performing an activity you know how to do well. For example, how to shoot a basketball, prepare your favorite meal, or tie a knot.
* Count backwards from 100 by 7.
* Pick up an object and describe it in detail. Describe its color, texture, size, weight, scent, and any other qualities you notice. • Spell your full name, and the names of three other people, backwards.
* Name 3 people, their ages, and one of their favorite activities.

*Distract Yourself*

*Engage in a Activity*

Example Activities:

* Go for a walk
* Go in the garden
* Take a bath/shower
* Engage in a hobby
* Text/Call someone
* Play a game

Things to Remember

You matter

You are worthy

This will pass, emotions come and go like waves

You are not your thoughts

Thoughts are NOT facts!

Further Support

**Helpful websites for managing distress:**

Grounding <https://www.winona.edu/resilience/Media/Grounding-Worksheet.pdf>

Mindfulnesstracks <http://franticworld.com/free-meditations-from-mindfulness/>

**Apps**

Apps can be located and downloaded from the iPhone store and GooglePlay.

‘Breaking Free – Keeping Safe’ is an app that provides strategies to help people stay safe while working through their difficulties, including managing harmful coping strategies, recognising triggers, coping with intense feelings and taking control of panic attacks.

‘Breaking Free – Safety Zone’ is an app that contains over 15 techniques to help the user to gain more control over their emotions, thoughts and behaviour.

**Helplines for managing distress:**

Breathing Space – mental health helpline (Daily: 6pm-2am) Tel: [0800 83 85 87](tel:0800%2083%2085%2087)

Samaritans – confidential support for anyone in a crisis 24 hours Tel: 116123

SHOUT – anonymous 24/7 text service 85258

**In Crisis:**

If you find you are experiencing high emotional distress ad you require further support the Samaritans provide a support service 24 hours a day for people who experience feelings of distress or despair, including those that could lead to suicide.  They can be contacted by phone on 08457 90 90 90 or you can email jo@samaritans.org. Alternatively, you can text SHOUT anonymously 24/7 on 85285. In addition, please speak with your GP who can support you through this time. If you cannot keep yourself safe and find yourself in an emergency situation you should seek urgent support by calling 111 or 999.