

The Peaceful Heart Model for
Stress Management for Special Situations
First Aid for Stress and Trauma with TTT
English



Gunilla Hamne & Ulf Sandström



Outcut from the book: *Resolving Yesterday - First Aid for Stress and Trauma with TTT* By Gunilla Hamne and Ulf Sandström
More information about TTT: www.peacefulheart.se
Self instruction movie: www.selfhelpfortrauma.org

Pay it forward

Stress and Trauma Management for Special Situations



Special situations include working with people who recently have experienced catastrophic incidents, conflict, post-conflict, assault or physical trauma. These situations cause stress and stress can accelerate into trauma and post-traumatic stress. At a certain level our cognitive capacity is diminished or set aside and we risk making bad decisions, emotional burn-out, depression, anxiety, flashbacks and physical symptoms such as chronic pain, digestion problems or sleep disturbance.

A burn-out in a catastrophic situation can happen in as few as 3 days if measures are not taken to create resilience and balance the nervous system. With knowledge and appropriate techniques it can be avoided, handled and healed. We have first hand experience from areas of conflict, post-conflict, refugee transition areas and refugee centers in Rwanda, DR Congo, South Sudan, Greece, Sweden & Finland

Some recommendations

- Know how to secure enough sleep, food and water
- Be aware of the signs that you and others may be burning out over time.
- Understand the functions of the nervous system
- Look out for onset of symptoms of primary or secondary traumatization
- Understand how to create resilience
- Avoid work overload and maintain boundaries.
- Identify people around you in need of help.
- Ensure you have regular supervision.
- Avoid empathy- and rescuer burn-out
- Build teams in special situations to prevent stress and secondary trauma
- Know efficient and ecological stabilizing techniques (like TTT)
- Work with your team to create a system for handling stress and trauma

Some essentials

1. Sleep food and water

Sleep is vital for our survival. Already after 3 days without sleep we risk poorer judgement, and in the long run psychosis. Even 20 minutes of deep relaxation can be vital help, providing we shut down our worries before.

2. Resilience

To have resilience is to be able to handle stressful situations. Resilience can be trained. One way is to know how to secure enough sleep, food and water. In addition mental resilience can be prepared and trained.

3. Trauma relief & First Aid

Once a reaction is emotionally encoded it can trigger again and immediately set us back into the alarm state we had at the time. This is called post traumatic stress and can be decoded with simple techniques.

4. Flashbulb memories

When we experience a flashbulb memory, or flashback, it is like we are temporarily displaced from the reality of now, and need to be brought back into a sense of safety. This is done with a grounding technique.

5. Signs of stress and trauma

Stress is invisible and hard to identify in ourselves. To know and be able to identify signs of stress is to be able to self calibrate. Know the difference between stress and burnout!

6. Fast Grounding Techniques

A grounding technique is a way to quickly make sure an individual that is slipping into an extreme stress reaction can come back to the now and stop the attack.

7. Routines and integration

A secure and simple way to guarantee resilience and prevent burn-out is to create tiny habits that are integrated with daily routines.

8. Identifying traumatic shock

When we pass from functional interaction into fight-or-flight or further into freeze, the symptoms can be similar to those of heart attack and stroke. It is helpful to be able to quickly tell the difference.

9. Fast stabilisation

First Aid for a person in a traumatic reaction is to stabilize.

10. Minimum fitness

A well known factor of resilience besides sleep, water and nutrition is to maintain a minimum fitness with simple exercises like Do-In that take only minutes each day.

Trauma Tapping Technique

First Aid Self-Help for emotional stress

1. Think about whatever bothers you

2. Tap firmly and precisely 10-15 times on the points indicated in the picture using two fingers, at a fairly fast rate.

3. Take two deep breaths

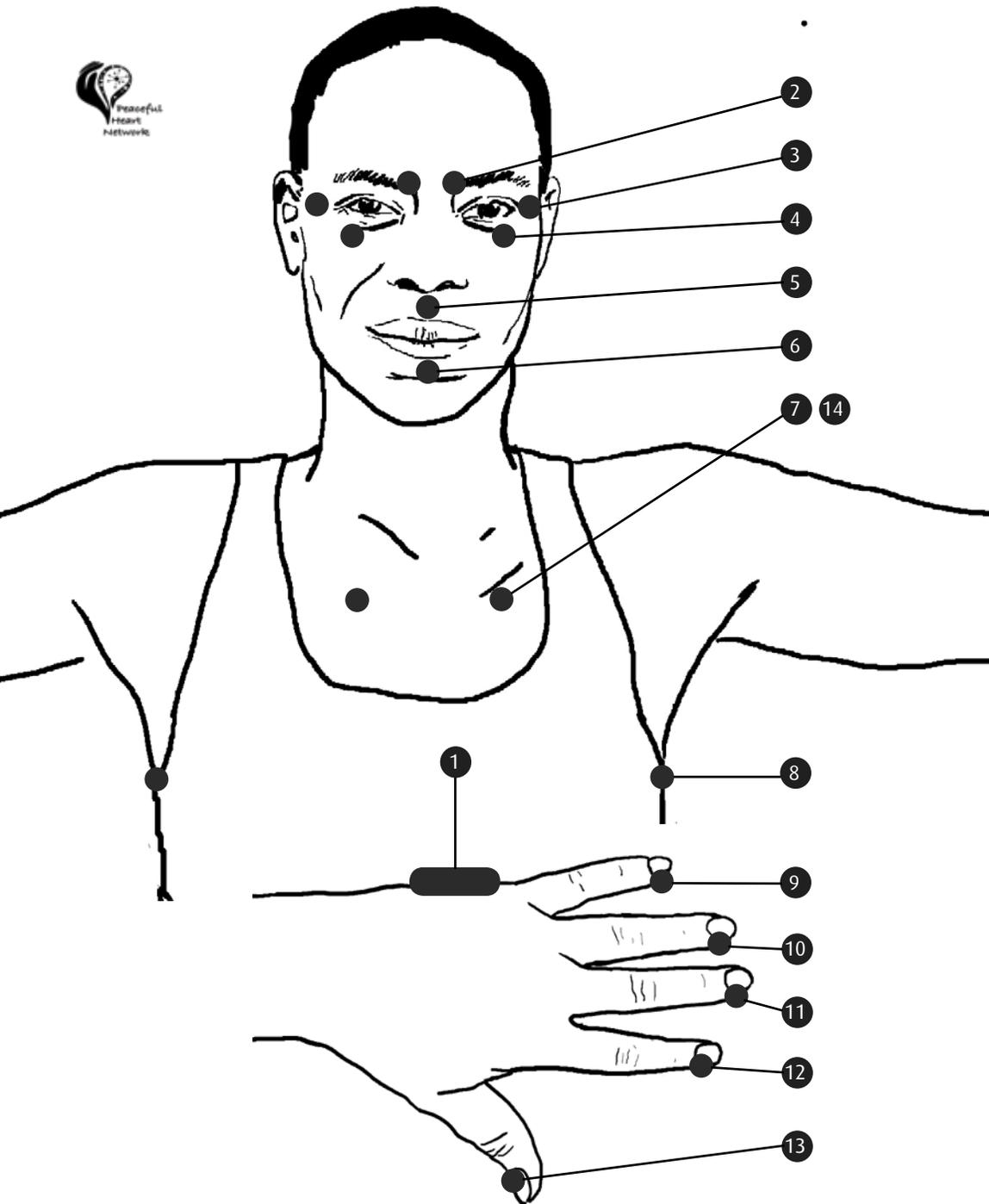
4. Repeat the whole tapping sequence

5. Take two deep breaths again

6. Notice if something has changed

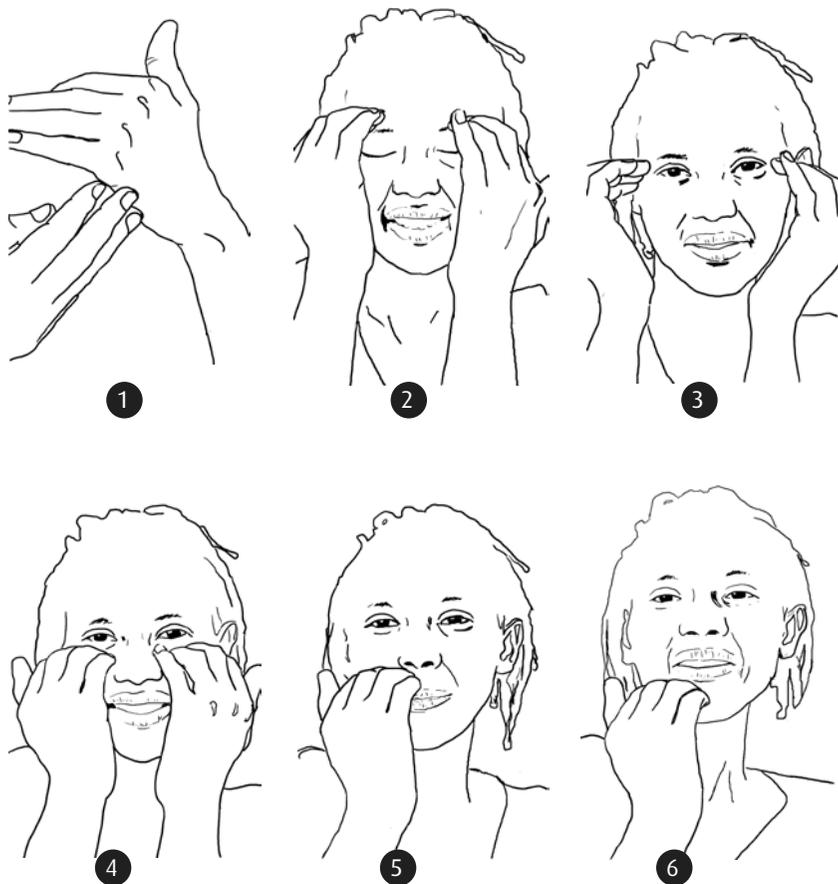
7. Repeat until feeling calm

This is a first aid – it is not intended to replace primary professional care.



Self Tapping Step by Step

Think about whatever bothers you, and tap firmly and precisely 15 times on each point using two fingers, at a fairly fast rate. Take two deep breaths and repeat the whole sequence. Take two deep breaths again when done.

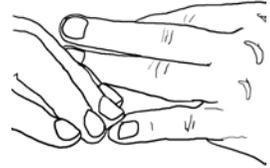




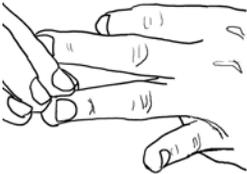
7



8



9



10



11



12



13



14

Take two deep breaths

(and repeat)





The Instruction Movie for Self Tapping



Five minutes. This is how long it takes to watch and use the instruction film with self-help for trauma that you can find at www.selfhelpfortrauma.org.

Arrange a self-tapping event by showing it to a group and inviting them to tap along.

Anybody can use the method. A child. A parent. A friend. Over one hundred thousand people have been reached during our work in conflict areas in central Africa. Now we want to use our positive experiences to help the critical refugee situation that we are facing today.

To escape from war and come to a new country is a traumatic and life changing experience. Not knowing the language, the culture and the traditions. To miss social support from family and friends. To carry the emotional stress and fears that show up in sleep

problems, nightmares, flashbacks, problems concentrating, hopelessness, aggression, self medication and difficulties learning and remembering new things. Despite having arrived to a safe surrounding the symptoms can persist, even accelerate. Outer security and calm is not the same as inner security and calm.

The self-help method we have developed during eight years of work in Rwanda and Congo can stabilize and calm the nervous system and this is known to help symptoms of trauma to heal when no other care is available. It is not a replacement of primary care, it is first aid.

Our goal is to spread free help to everybody regardless of language and culture. You can help!

We who have produced the film are Gunilla Hamne and Ulf Sandström from the Peaceful Heart Network, working with trauma of wars since 2007. We have made it together with the creative agency Your Majesto Co. in Los Angeles and New York under the supervision of Swedish-Kurdish Nina Amjadi - who came to Sweden as a refugee herself many years ago.

Direct link to the movie: <https://vimeo.com/142566005>

Thanks for caring to engage in this!

Testimonial

"Hey my name is Nawwar. I lived in under war conditions for four years ,then I moved to sweden, I was traumatized in the first months and I had many nightmares and sleeping troubles , it was a coincidence that I met one of the people who has learned the technique and I learned it as well , it really helped me with reducing the nightmares and sleep disorders and I use it to feel better, I am trying to help spreading this method now."

Manifest of healing stress & trauma

- Always take off your shoes and listen first
- Be inspired
- Keep it simple
- Dare to fail
- Use what you already have
- Take no credit
- Pay your way if necessary
- Expect little, give much
- Pay it forward
- Bring humor and stability to every situation
- Recognize your limits
- One answer is always "it depends"
- Avoid every stereotype
- Respect every person and be curious about them
- Know that the technique is only part the solution
- Offer, don't insist
- Operate from a position of learning
- No suffering
- Healing is possible
- Be prepared for miracles

FEEL FREE TO SUPPORT THIS WORK

We appreciate you donation to
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on Paypal

JOIN OUR NETWORK

Learn the methods, get certified and become a Trauma Tapper

BOOK A WORKSHOP

Book us for a workshop or webinar
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