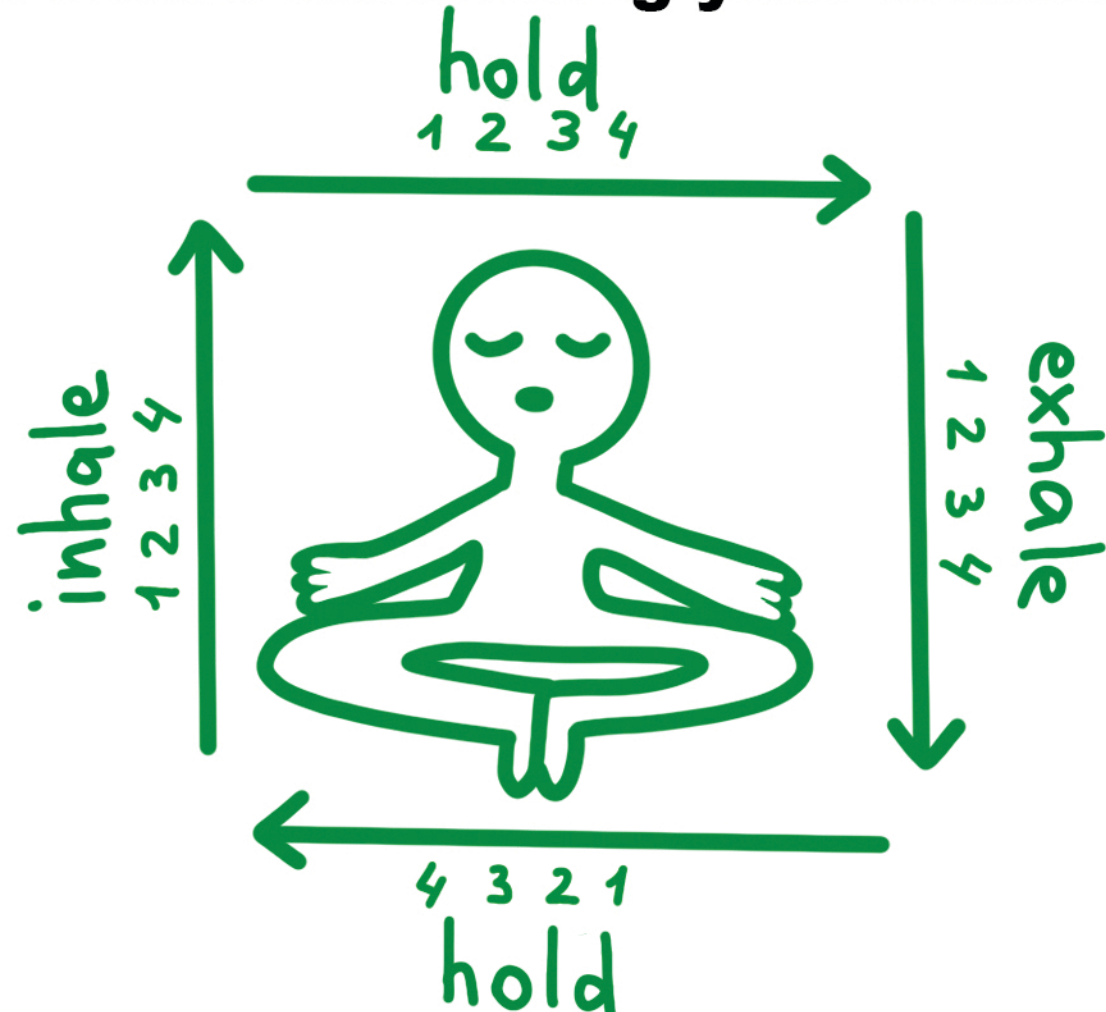


Coping with the crisis: My Self-Support Tools

The Four Elements are sets of exercises that help a person to feel better, control their own emotions, reduce the impact of stress, act again and make decisions.

I BREATHE

Element 'Air'
— it is about controlling your breathing



Use rectangular things around (doors, books, phone).
On long edges I exhale and inhale, and on short ones I pause:
exhale — pause — inhale — pause.
I repeat this three or four times.

I DRINK

Element 'Water'
— it is about controlling the amount of water I drink



I drink enough water.
If there is not enough water, I moisten my lips so that they do not crack.
If there is no water at all, I am moving my cheeks and lips left and right, as if imitating eating.
This helps to calm down and start salivation.

Element 'Earth'
— it is about the ability to listen to your body

When I'm stressed, my body can become tense.
This is a normal reaction. These techniques help me control myself.

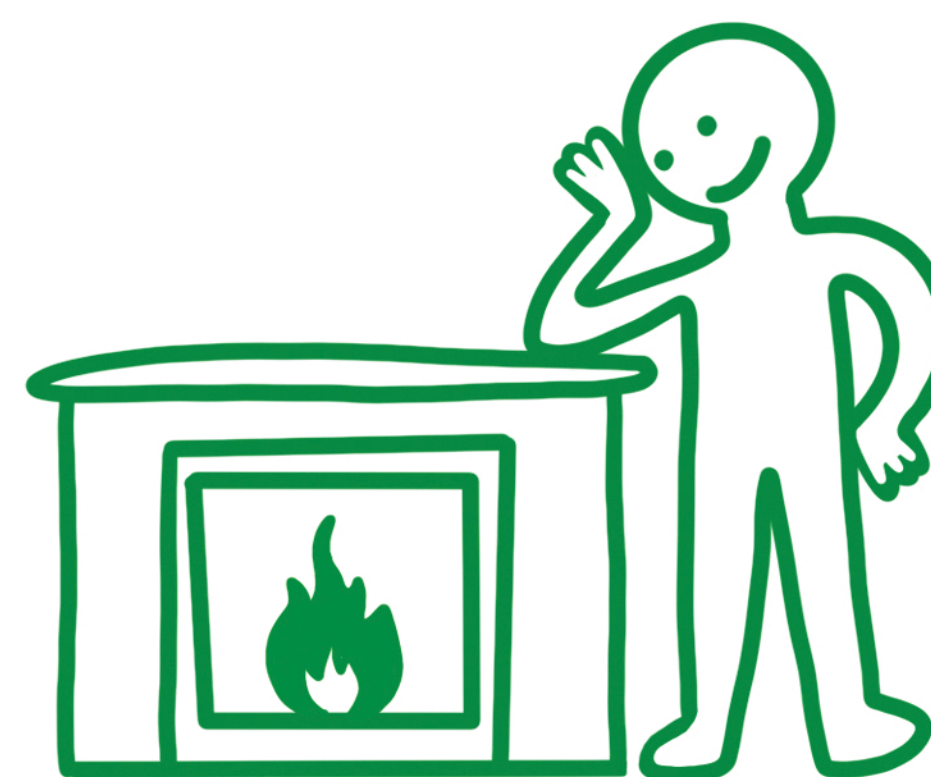


I strain all the muscles (it is more comfortable lying or sitting) and keep it like this for up to a minute. I feel tense, and then I relax sharply. The muscles relax even more.

To get rid of the feeling of cotton feet, I slowly bend and unbend my toes alternately: first on the left, then on the right.

I cross my arms over my chest: my right hand on my left shoulder, my left hand on my right. Then I slowly tap on my shoulders: first with my left hand on my right shoulder, then with my right hand on my left.

Element 'Fire'
— it is about how to focus



I look up, down, left and right. I pay attention to large objects around and describe them: colour, shape, material, for example: "The lamp is round, the battery is metal."
When I do this, it helps me focus, notice more, and control the situation.

I AM GROUNDING

I AM FOCUSING

You can find psychological support in our community here: