

DATE	LENGTH OF SESSION	DISTRESS	HOW YOU HANDLED THE DISTRESS

**How to handle distress in the body**

Step 1. Movement: Stand up and sit down **or** stand up and rotate side to side and sit down **or** stand up and bend forward (back with arms) and then sit down.

Step 2. Sit down and do 4-7-8 breathing with someone in the room you **FEEL SAFE** with and make eye contact with them.

- Breathe in for 4 seconds, like smelling a flower.
- Hold for 7 seconds, breathe out for 8 seconds i.e. Blowing out 8 birthday candles.

Step 3. If your body has calmed down, try the session again. *If distress happens again, follow steps 1-2 to calm the body down & end the session. **DON'T PUSH THROUGH.*** Just try the session again the next day.

Step 4: If distress continues to happen the next day, it's not a failure. It just means your body is not ready yet for the SSP. Contact the clinic and return the equipment. We can try again at a future date.