

## Thrive Neuro Health, LLC

535A Gresham Ave SE, Atlanta, GA 30316

### REFRAME & REBOUND - TELLING THE DIFFERENCE BETWEEN BEARS & DEADLINES

#### SIX BASIC STEPS TO REGAIN CONTROL AND DECREASE STRESS

##### Identify/Name Your Fear

- "Why am I not safe?"
- "Why do I feel vulnerable?"
- Clearly state, "I don't feel safe"
- The objective is NOT to problem solve OR find a solution
- It is about being solution-ORIENTED

##### Sit/Lay Down (Or go for a walk)

- Walk if the idea of sitting or lying down would significantly increase your level of stress

##### Breathing Exercises

- These include: Breathing, gargling and/or yawning

##### Identify a Truth

- Ask Yourself: "Am I in an uncomfortable or traumatic situation?"
- Ask Yourself: "Am I actually "safe" or am I actually in "danger"?"
- State: "This is NOT traumatic."
- State: "This is uncomfortable."
- **Note** - This is only applicable if the statement is TRUTHFUL

##### Ask Clarifying Questions

- What could be causing my fear?
- What could be the root issue?
- What can/should be done right now?

##### Repeat Steps 1-5