

EMDR Care Package

Information, Tips, and Supportive Resources for
Your EMDR Journey



We understand that starting EMDR Therapy can feel nerve-wracking for many people, and the process can feel emotionally challenging at times. That's why we've put together this care pack for clients beginning their EMDR journey. It is designed to support you through the process and help you get the most out of it. Please don't hesitate to talk to your therapist if you would like to know more about anything mentioned in this pack or if you have any questions at any time throughout the process.

You might also find it helpful to check out more information about EMDR Therapy (including Attachment-Informed EMDR, Polyvagal Informed EMDR and using Parts-Work with EMDR) @ www.heartoftherapy.com.au/emdr-therapy.

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Introduction

We hope that by better understanding what to expect, you can feel more comfortable and prepared. Also, practising good self-care throughout the process can maximise the benefits of this powerful therapeutic process and further support your recovery and well-being. Even when you feel ready and prepared, it's natural to feel a bit nervous about starting your EMDR journey. Remember, you're not alone on this journey— we will be there for you every step of the way.

What EMDR Can Help With

EMDR Therapy is an extensively researched, effective psychotherapy method proven to help people recover from trauma and PTSD symptoms. The research shows that EMDR therapy can also be a helpful treatment for anxiety and panic, depression, OCD, chronic pain, addictions, and other distressing life experiences.

Many psychological issues stem from distressing life experiences that our brains couldn't optimally process. This leads to 'stuck' memories that are easily re-triggered by reminders of the experience, sometimes without us being aware. EMDR Therapy can help process these memories and alleviate the psychological problems they cause.

Some people may find positive changes in a few weeks of EMDR therapy, others in a few months, while others may need longer-term support.

EMDR therapy can be a transformative experience; however, it may not be suitable for everyone. Whether EMDR is the right therapy for a particular individual depends on several factors, and its effectiveness can vary based on the condition and individual circumstances. Your therapist will discuss the suitability of EMDR for you and will be available to answer any questions you have.

What to Expect During Your EMDR Session



"Symptoms occur when trauma and other adverse experiences overwhelm the brain's natural ability to heal.

Using bilateral stimulation, we can unlock the nervous system's healing potential and facilitate the integration and processing of traumatic memories."

~ Francine Shapiro (The creator of EMDR)

EMDR therapy involves eight phases: history taking, preparation, assessment, desensitisation, installation, body scan, closure, and re-evaluation.

Phase 1-3 History taking, preparation and assessment.

- **Getting to know you:** Your therapist will start by getting to know your history and goals for therapy. They will ask key questions and complete assessments that will help shape your EMDR treatment plan, ensuring it is tailored to your unique circumstances and is safe and maximally beneficial for you.
- **Explaining EMDR:** Your therapist will explain what EMDR is and how it works, answering any questions you might have.
- Many clients of EMDR worry if they are “doing it right”. It is natural for the instructions to seem strange to follow at first. Try not to worry; your therapist will be there to explain and help you every step of the way.
- **Creating a safe space:** Together, you'll work on building a safe and trusting therapeutic relationship. This foundation is crucial for effective therapy. If a client doesn't fully trust their therapist, they might not share what they're really feeling or noticing during the eye movements. If they say they feel better to please the therapist, even when they don't, there is no way the EMDR can be effective.
- **Relaxation techniques and resource development:** Coping strategies and relaxation techniques are developed to help manage distress that may arise during the process. Other resources, like an imaginary team of nurturing, protective and wise figures, are used to facilitate the healing process.

- Pets welcome – In telehealth sessions, some clients bring their pets or other items for added comfort and grounding, which we welcome.
- You are in control of the process. At any time, you have the choice to stop the process by asking or gesturing to stop.
- Choice of protocol: Various adaptations and specialised approaches of EMDR have been developed to address different needs. Your therapist will choose an EMDR protocol that fits your specific circumstances and tailor it especially for you. Every course of EMDR treatment can, therefore, vary slightly or significantly depending on various factors.
- Identifying Targets: Using your therapy goals as a guide, you and your therapist will identify specific memories, thoughts, or experiences to target in your sessions.
- You don't need to tell us: In EMDR if the person seeking treatment doesn't want to, they don't have to discuss their disturbing memories in detail. While some may prefer to share specifics, others can give a general outline. For example, when asked about an event, someone might say, "It was something my brother did." That's enough for the therapist to target the event with EMDR.
- Negative and positive beliefs: Your therapist will help you to identify a negative self-belief you hold about yourself associated with the target. Eg. "I am helpless/worthless/unlovable/ dirty/bad/responsible/ in danger." etc. A positive belief you would much rather believe is also identified. Eg. "I am worthwhile/lovable/a good person/okay/safe now."

Phases 4–6 Desensitisation, installation, body scan,

- **Bilateral Stimulation:** During this phase, your therapist will guide you through bilateral stimulation. This could involve following their hand movements with your eyes, listening to alternating tones through headphones, or tapping on an area of your body.
- **Focusing on the Memory:** You'll be asked to focus on the distressing memory while the bilateral stimulation occurs. Your therapist will guide you to do it with 'dual awareness', which helps you to process a memory from the past while staying connected to the safety of the present moment. This process allows your brain to reprocess the memory, reducing its emotional impact.
- **Noticing thoughts, feelings, sensations, or memories:** As you focus on the memory and engage in bilateral stimulation, other memories, strong feelings, and thoughts will likely come up. This is a normal part of the process. Your therapist will support you in noticing what comes up without trying to control it.
- **With repeated sets of bilateral stimulation, the memory tends to change,** losing its painful intensity and becoming a neutral memory of an event in the past. Other related memories may also heal, leading to quick and significant improvements in many areas of your life.

- The negative belief loses its grip: Once the relevant memories are processed to completion, your negative belief about yourself related to the memory won't feel as true anymore. Further targeted bilateral stimulation can assist in clearing out anything that keeps these negative beliefs feeling true.
- A new positive belief takes hold: A new positive belief related to the memory is now worked with. Positive self-beliefs are important, but they have to be believed on more than just an intellectual level to create change. Bilateral stimulation is used to reinforce this positive belief and ensures nothing stops it from really feeling true. "I am powerless" or "I am in danger" might be replaced with "I am safe now," or "I am not good enough" might become "I am okay the way I am."



- **Releasing trauma from the body:** You'll be asked to focus on your body and notice any lingering physical sensations associated with the memory. This helps ensure that the memory has been fully processed out of the body as well as the mind. If any tension or discomfort remains, additional bilateral stimulation may help release it.
- **Past, Present and Future:** Once the past has been processed, present-day situations that cause distress are targeted, along with potential future scenarios, to strengthen your ability to approach these situations with confidence and calm in the future.

Phases 7-8. Closing a session and e-evaluation

- Suppose the processing of the traumatic target event is not complete in a single session. In that case, the therapist will assist you using various techniques to contain the memory until it can be worked on again. You will be briefed on what to expect between sessions, how to use a journal to record these experiences, and what techniques could be used to self-soothe outside of the therapy session.
- The primary purpose of this phase is to ensure that the memory has been fully processed and that no residual distress remains. It helps in avoiding incomplete processing, which could lead to continued symptoms. Future targets and directions for continued treatment are determined.

What to Expect After an EMDR session

What you might experience in the hours and days following an EMDR Therapy session.



- **Relief:** Some people feel a sense of relief or lightness immediately after a session, as if a weight has been lifted.
- **Fatigue:** EMDR can be tiring, however, and so it is possible you may feel tired or drained in the hours and days after a session. Try to give yourself permission to take it as easy as possible and rest as much as possible during this time.
- **New insights:** You may gain new insights or perspectives about your trauma or other issues. This could manifest as a shift in how you perceive certain events or relationships.
- **Increased emotions, sensitivity and reactivity:** It is believed your brain continues to process 72 hours after the EMDR session or more. During this period, you may find yourself more sensitive and reactive than usual. You may experience a range of emotions, including sadness, anger, or anxiety. Many people don't, but it is good to be prepared and, if appropriate, prepare the people around you in case you do. If anything arises that feels unmanageable, your therapist will be available to contact.
- **Grief –** As traumatic memories are processed through the EMDR process, you may experience grief and loss for what you endured, missed, or had to give up. Emotional pain, including deep sadness and anger associated with grief and loss, is possible. This grief is a natural part of the healing process, and although it can feel deeply painful, experiencing it during EMDR Therapy is a positive sign that you are making progress and healing.

- Try to be patient with yourself and allow any emotions to come and go without judgment and with extra self-care. Allowing yourself to experience and express grief, whether through talking, crying, journaling, movement, or ritual, is crucial for emotional healing and overall well-being.
- Increased awareness: EMDR can bring buried memories to the surface. Some clients report increased awareness of previously forgotten details of events or specific thoughts or feelings in the hours or days following a session.
- Tension and other somatic symptoms: As your body releases stored stress, you might experience physical tension or slight discomfort.
- Behavioural Shifts: You might notice positive changes in your behaviour, such as improved coping mechanisms or positively altered responses to triggers.
- Dreams and Memories: You might have vivid dreams or memories related to the session. This is a positive sign because it indicates that your brain is continuing to process the material from the session.

What to Avoid Following an EMDR Session



- **Alcohol:** After an EMDR session, your brain continues to process the memories and emotions you worked on up until 72 hours after the process. Alcohol and some drugs can interfere with this natural processing and integration, potentially hindering the effectiveness of the therapy.
- **Neglecting Self-Care:** Try not to skip your emotional, mental, and physical self-care routines in the day following an EMDR session. Making time for relaxing and grounding activities, such as gentle exercise, mindfulness, or time in nature, gives your nervous system the essential support it needs. We have included lots of self-care tips and reminders for you further along in this care package.

- **Forgetting to complete your post-session EMDR log:** Your therapist will give you a post-session log to complete between sessions, and it might be tempting not to prioritise it. The log helps you and your therapist track how the therapy is working for you, identify patterns or triggers that may still need to be addressed, and enhance your self-awareness and understanding of your emotions and thoughts.
- **High-Stress Environments:** In the day or two following an EMDR session try to avoid situations that are likely to cause significant stress or emotional strain, such as intense social interactions, conflicts or overly-stimulating situations.
- **Difficult Conversations:** Consider postponing any potentially difficult or emotionally charged conversations until you feel more settled and grounded.
- **Important Decisions:** Avoid making major life decisions immediately after a session; give the process time to settle first.
- **Complex Tasks:** Immediately following an EMDR session consider postponing complex tasks or decision-making processes that require a lot of mental energy and focus.
- **Overloading Your Schedule:** Try to avoid overloading your schedule with too many activities or commitments. Give yourself space to rest and process the session, and allow your mind and body to recover and integrate the therapeutic work.
- **Driving:** We recommend avoiding driving immediately following your first EMDR processing session. Take some time following every session to ensure you are grounded enough to drive safely.

Tips for Self-Care and Coping Between EMDR Sessions

Engaging in pastimes, hobbies and other self-care activities that bring comfort, relaxation, fun, and joy is not just a luxury but a necessity for maintaining long-term well-being for everyone. It is a powerful tool for relieving the inevitable stress of daily life and nurturing emotional and mental health.

It is also a vital component of trauma healing and recovery and can help you get the most out of your EMDR Therapy journey. It can help you to maintain stability in your mental health and continue to make progress between sessions. **The following pages have a bunch of self-care options if you are stuck for ideas.**

When your nervous system is out of balance, it can be hard to relax, get restful sleep, or even experience feelings of joy, pleasure, and excitement. These are signs your nervous system needs some extra specialised support. **Read about ways to support and balance the nervous system by toning the vagus nerve from page 21.**



- Give yourself permission to rest. Your body and mind have done a lot of work. Pay attention to what your body needs. If you feel tired, allow yourself to nap or go to bed early if possible. Eat nourishing foods and drink plenty of water to stay hydrated.
- Create a cozy space with soft blankets and pillows, wear comfortable clothing and surround yourself with things that help you to feel more safe and relaxed.
- Journal your thoughts and emotions or any other type of journalling process you prefer. This can be a private space for you to process your experience.
- Manage strong emotions by labelling them first—Research shows that simply identifying and naming our emotions (without trying to change them) can make them easier to tolerate. Labelling can positively impact your brain and reduce distress. Pausing to recognise our feelings engages our observing mind, bringing our prefrontal cortex function online and supporting our nervous system into a calmer state. Some people find an emotion wheel useful.
- Reach out to a trusted friend or family member. Let someone who makes you feel cared for and understood know how you're feeling, and allow them to offer support. If you don't feel like talking about it, you can also spend time doing something that makes you feel good.
- Spend time outside if you can. Get some fresh air and sunshine. Nature can be incredibly soothing. Engaging your five senses while in nature can be nourishing and restorative for your nervous system. Notice what you can see, touch, hear, smell, and taste.



- A comforting warm cup of tea. You could take the time to notice your five senses to bring awareness into the present moment (and away from the past or future) and support your nervous system. Take a moment to feel the warmth and texture of the cup in your hands, the warmth and taste of the liquid in your mouth, and smell the aroma of the tea.
- Spend a few minutes meditating or doing a guided relaxation exercise such as a light stream meditation, calm place visualisation, container exercise, progressive muscle relaxation, or breathing exercise that you have already practised. You can also try something new from the many available free online. It doesn't matter if you don't have a spare hour or even ten minutes; try two minutes. Every minute can be supportive of your healing.

- Gratitude practices can help you appreciate the positive aspects of your life or situation that might be overlooked. They can offer a broader perspective to counteract the brain's tendency to scan for risks, threats or problems. At the end of each day, list three good things that happened and replay them in your mind. You can also try placing visual reminders around your home, such as sticky notes, to prompt you to reflect on what you are grateful for.
- Rhythm and connection with friends and community – group classes in rhythmic activity such as drumming, martial arts, dancing, yoga and tai chi are believed to activate the body's innate capacity for regulation and support the healing process. If being in a class situation feels too much for you right now, your nervous system can still benefit from you practising alone.
- Draw, paint, write or engage in another creative activity. This can be excellent self-care by allowing emotional release, reducing stress, and supporting mindfulness. It offers a nonverbal outlet for processing feelings and can boost your mood by engaging your creativity.
- Move your body in a way that feels good and safe. Do some light stretching, go for a walk, or dance gently or wildly, allowing your body to move how it wants. Include your favourite music or podcast. Or try yoga, which can offer tremendous benefits for anyone recovering from trauma.

- **Rituals:** For tens of thousands of years, humans have used rituals to help honour significant people, events, losses and transitions. Rituals offer comfort and a safe space for emotions like sadness or anger. They can set a particular experience apart from the ordinary, enhancing its emotional impact, fostering mindfulness, and providing a connection to deeper meanings or traditions. Many cultures and religions have established rituals that can provide an added sense of belonging, but you can also create your own. (See the following page for some ideas)

Some simple ritual ideas include:

- Ritualise self-care exercises, e.g., lighting a candle and playing a special track before writing in your gratitude journal or bathing with essential oils.
- Planting a tree, flower, or garden in memory of your loss as a living tribute that grows and flourishes over time.
- Gather friends or family to share stories and memories. Speaking aloud what a person or experience has meant to you can be cathartic and affirming.
- Write your feelings on paper or in a letter detailing the pain or negative thoughts you want to release. Spend a moment acknowledging these feelings without judgment and then burn or bury it as a symbolic gesture of release or transformation.





Havening: Developed by neuroscientist Dr Ronald Ruden, the Havening technique that uses a comforting touch to create a sense of safety. This touch can be performed by a trusted other or yourself. It is thought to help increase serotonin production, which has a calming effect, but stop the technique if you feel uncomfortable or distressed at any time.

Techniques include:

- Cupping your hands on the cheeks,
- Place a hand across your chest or cross your arms (as if hugging yourself) while gently but noticeably stroking from elbows to shoulder.
- Stroking the palms of your hands and around your eyes to create a sense of well-being and safety.

The Vagus Nerve

and Why Improving Vagal Tone is Important

The importance of the vagus nerve in mental health and trauma recovery is emphasised in Polyvagal Theory, a theory developed by neuroscientist and psychologist Stephen Porges.

The vagus nerve is a cranial nerve and a key component of the parasympathetic nervous system, responsible for "rest and digest" bodily functions. The vagus nerve influences heart rate, digestion, and other vital functions. It also plays a role in modulating emotional responses by connecting the brain to various organs. The vagus nerve helps you return to a state of calm.

Vagal tone refers to how well your vagus nerve is functioning, and can be measured by Heart-Rate Variability. Think of it like the volume on a radio: it can be turned up (high vagal tone) or down (low vagal tone).

High vagal tone – High vagal tone means your vagus nerve is able to keep your body calm, your heart rate steady, and your digestion smooth. People with high vagal tone tend to manage stress better, recover more quickly from stressful situations, and even have stronger social connections.

Low vagal tone – When the vagus nerve is less active, our body's "fight-or-flight" system, the sympathetic nervous system, takes charge. It can make us more anxious, fearful, angry, or irritated. With low vagal tone, we find it harder to handle stress, adapt to changes, and bounce back from challenges. It also becomes more challenging to rest and recharge. The lower our vagal tone, the easier it is to feel overwhelmed. But the good news is that there are ways you can improve your vagal tone over time.

Improving your vagal tone takes time and effort. It won't happen overnight, but consistent practice over time is believed to be very beneficial. It involves gentle stimulation of the vagus nerve pathway through breath, sound, eye movements, self-applied touch, and gentle movements that help you come into balance.

An Easy 2-Minute Exercise to improve vagal tone

THE 5 STEPS

We have found that the more you practice this exercise, the easier it is to self-regulate when faced with stress.

- 1. Start by moving your head as far as you can to the left and then all the way to the right.** You can do this before and after the exercise to measure the impact of it. Most people notice an increased range of movement due to the release of tension in your neck and shoulders. This is one easy way to measure if the exercise is working! Another is if you are activating a relaxation response (yawn, sigh or more swallowing than usual).
- 2. Link your fingers together and place your hands behind your head,** with the weight of your head resting comfortably on your fingers. Lean back in a comfortable position in your seat or lie down.
- 3. Keeping your head in place, look to the right, moving only your eyes as far as you can.** Be sure not to turn your head. After half a minute or a minute, you'll notice yourself swallowing, yawning, or sighing. This is a sign of relaxation. If this doesn't happen automatically, fake a big, long, noisy yawn.
- 4. Keeping your head in place, bring your eyes back to the centre and then move your eyes as far as you can to the left.** Hold your eyes in place until you notice the same signal of relaxation (yawn, sigh or swallowing), this time taking as long as needed for it to happen naturally. If it isn't happening naturally, fake a big, long, noisy yawn until it does. Keep moving your eyes back and forth as described above to continue triggering this calming response.
- 5. Congrats you have completed the exercise! Now see whether it reduced any tension by checking how far to the right and how far to the left you can move your head now.** If there is more mobility, the exercise has effectively relieved tension in your neck and shoulder, and you might experience benefits by practising it regularly. We recommend it at least once per day.

Other Ways to Help Improve Vagal Tone

Don't overwhelm yourself by trying to change too much at once. Perhaps instead, choose one exercise from our suggestions and practice it consistently for 30–60 days before adding another.

- **Breathwork:** Our lungs and diaphragm are connected to the vagus nerve. Focusing on slow, deep breaths massages the vagus nerve and sends a message to our brain that we're safe and it's okay to relax. See further along in this care package for a calming breathing exercise described step-by-step to help with anxiety and sleep.
- **Laughter** stimulates the vagus nerve, and just ten minutes of laughter each day can provide significant benefits for mental health. Try incorporating more comedy into your life, taking a laughing yoga class, or practising laughing meditation.
- **Cold exposure:** Research shows that cold exposure can activate the vagus nerve and improve vagal tone. Some people use ice baths, but it isn't necessary. Applying ice, icepack or cold water to the back of the neck or under the eye area can be especially helpful. Add 30 seconds of cold water to your shower, or dip your face in a bowl of ice water. It is essential to consult your doctor before trying cold exposure if you have any medical conditions.
- **Humming, chanting, and singing.** The vagus nerve connects with our vocal cords and throat muscles. One research study found that chanting "om" can reduce activity in the brain's limbic centre, which handles emotions and threats.

- Mindfulness and meditation can improve vagal tone. Structured relaxation exercises like Progressive Muscle Relaxation can also train your body to recognise and respond to stress by relaxing.
- Massage can be a great way to boost vagal tone. When done mindfully, it stimulates the vagus nerve and increases oxytocin, the bonding hormone.
- Movement and exercise: Activities like vigorous walking, running, weightlifting, yoga, tai-chi and somatic movement are also ways to improve vagal tone.
- Other Calming Touch: We love these guided touch exercises by Kyle Pool that are believed to engage the vagus nerve directly. [.https://www.youtube.com/watch?v=1Sec_i-QxB4](https://www.youtube.com/watch?v=1Sec_i-QxB4).



Silencing the Alarm: The "alarm" in this context refers to the body's automatic fight, flight, or freeze reactions that are triggered by perceived threats or reminders of past trauma. The gentle, repetitive motion of "Silencing the Alarm" helps to activate the parasympathetic nervous system, which is responsible for the body's "rest and digest" state. This can help reduce the fight, flight, or freeze response that often accompanies anxiety or trauma. By engaging in this self-soothing touch, you signal to your body that it is safe, helping to quiet the internal "alarm" that might be triggered by stress or reminders of past trauma.

You can watch a demonstration at <https://www.youtube.com/watch?v=YZEBsLkvtBo>

How to Perform the Technique:

1. Begin by using one hand to stroke across your forehead gently.
2. Slowly move your hand behind your ear, along the side of your neck.
3. Continue the motion down over the shoulder on the same side of your body.
4. Repeat on the Other Side

Focus on the sensations under your hand as you perform these soothing strokes. Notice the feeling of your skin, the warmth of your touch, and the gentle pressure. Continue this back-and-forth motion until you feel your nervous system calming down.



Why Breathwork, and How to Do It.

Our lungs and diaphragm are directly connected to the vagus nerve. When we breathe deeply and consciously, we massage the vagus nerve, which sends signals to the brain that we are safe and allowed to relax. Slow, deep breathing helps to soothe anxiety, re-focus the mind, and ground the body. Similarly, if you're feeling low energy or shut down, breathing exercises that use quick and shallow breathing are thought to be a great way to create the activation you need.

- There are many different types of breathing exercises available online through various apps and platforms. What is most helpful is dependent on a number of factors. Experiment with a few types at different times and notice what you prefer.

To centre yourself and help activate a relaxation response:

- **Breathe in for a count of 4,**
- **Hold your breath for a count of 2**
- **Breathe out for a count of 6, extending the length of the breaths as much as you can comfortably while keeping the exhale longer than the inhale. Pause for a count of 2 before starting again.**

Or try the step-by-step guide to a breathing exercise on the following page. *It includes tips for when staying focused on the exercise is difficult.*

A Guided Breathing Exercise for Helping With Stress, Anxiety, and Sleep.

On the following page is a step-by-step guide for a breathing exercise proven to release brain chemicals that reduce anxiety and promote deep relaxation and sleep



- Find a comfy sitting position, and feel free to have something like a pillow or weighted blanket on your lap if pressure helps you to feel calmer. Take a few breaths, and for these first few breaths, make no attempt to control or count them; allow yourself to settle into the exercise.
- If you can't stop thinking about a problem or worry you'll forget an idea, write it down to address later or use the container visualisation to help put it aside for now. This will help you refocus your mind.
- Next, breathe through your nose in long, slow, deep inhalations followed by extended, controlled, and even exhalations. Take the first few breaths to adjust, and then start counting with each out-breath. Aim for forty long breaths, but even a few can help you relax.
- As you breathe, notice your diaphragm's movement and your belly rising and falling. Emphasise these movements and stretch your diaphragm.
- Identify where you're holding tension. If visuals help, imagine a colour for these areas and see the stress melting away as you focus on your breath.

If you get distracted during the breathing exercise, try making it more engaging. As you inhale, imagine drawing the number of each breath on a whiteboard and then circling it. As you exhale, imagine erasing the number. This helps to keep your mind more focused, but if your mind does wander, please don't be hard on yourself—it's natural (that is what minds do!). With consistent practice, it becomes easier. Focus is like a muscle you can build by simply practising, bringing your attention back to the exercise again and again (the last number you remember).

- With each out-breath, consciously relax your neck, shoulders, or back a bit more. You can move your neck to the right and left, rotate your shoulders to loosen them, or move any other way your body seems to want to.

Reaching Out For Support

When navigating the journey of trauma healing, it's important to remember that you don't have to go it alone. Reaching out for support—whether from a trusted friend, family, a support group, or a helpline—can provide guidance, comfort, and perspective.

If anything arises between EMDR Therapy appointments that feels unmanageable for you, it is important to let your therapist know. Your therapist will give you instructions for contacting them between sessions if the need arises during an EMDR course of treatment.

For immediate emotional or mental health support, the following services are available (most are available 24 hrs, 7 days, and via phone and web chat)

- Beyond Blue – 1300 224 636
- Lifeline – 13 11 14
- Suicide Call Back Service – 1300 659 467
- 1800 Respect – 1800 737 732
- Blue Knot Helpline – 1300 657 380
- Kids Helpline – 1800 551 800
- Mensline – 1300 789 978
- Qlife – 1800 184 527
- Emergency – 000, or contact your local mental health crisis support team by calling your local hospital.