



My Story, My Strength.

A Guide for After Big, Scary Things.



Welcome Page



A Note to You

Sometimes, life can change very quickly. Sometimes bad, sad and scary things happen. When these things happen, it is very normal to feel like your whole world has been turned upside down.



What happens to our feelings?

When something scary happens, our feelings can get very big. You might feel:

- Scared or worried about what might happen next.
- Sad or hurt because things you love were damaged or lost.
- Angry or frustrated that this happened at all.
- Numb or quiet, like you don't feel much of anything.



What happens to our bodies?

You might also notice things in your body. You might feel jumpy, have a tummy ache, feel tired, or find it hard to sit still. You might even have pictures in your mind of what happened that keep popping up, even when you don't want them to.



It's okay. These are not signs that something is wrong with you. They are signs that your body is trying to take care of you. Your brain is a very smart protector, and it's just trying to make sure you stay safe.



This book is a place for you to tell your story, share your feelings, and help your brain and body learn that you are safe now. There is no right or wrong way to use this book. You can draw, you can write, or you can just look at the pages.



We are so glad you are here. Let's take this one step at a time.





Common Reactions & Strategies

After a stressful event, it is normal to feel tired, jumpy, or need extra hugs.

If you feel this way, try these:



1. Shake it out:

Like a wet dog!



2. Rainbow Breath:

Breathe in colour, blow out the grey (stress).



3. Find a Safe Person:

Someone who makes you feel calm.





My Story About What Happened



Drawing a picture to tell your story can help 'get it out.' It doesn't matter what it looks like, or if your experience is different than how someone else remembers it; this is just for you.

My name is: _____

I was _____ years old when _____ happened.



My Sensory Memories About What Happened

Sometimes our senses get 'stuck' remembering what happened. We might remember something and think about it a lot, or we might not remember some things at all. That's okay—everyone remembers things differently. Use this space to write or draw what you remember about what happened – just whatever pops up!

This is what I remember seeing:



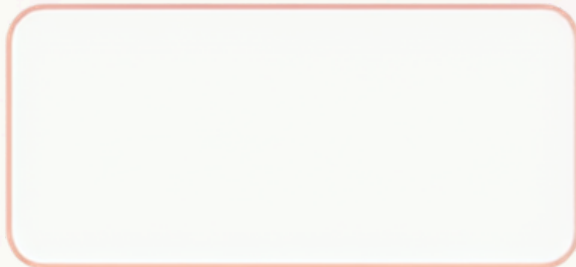
This is what I remember feeling:



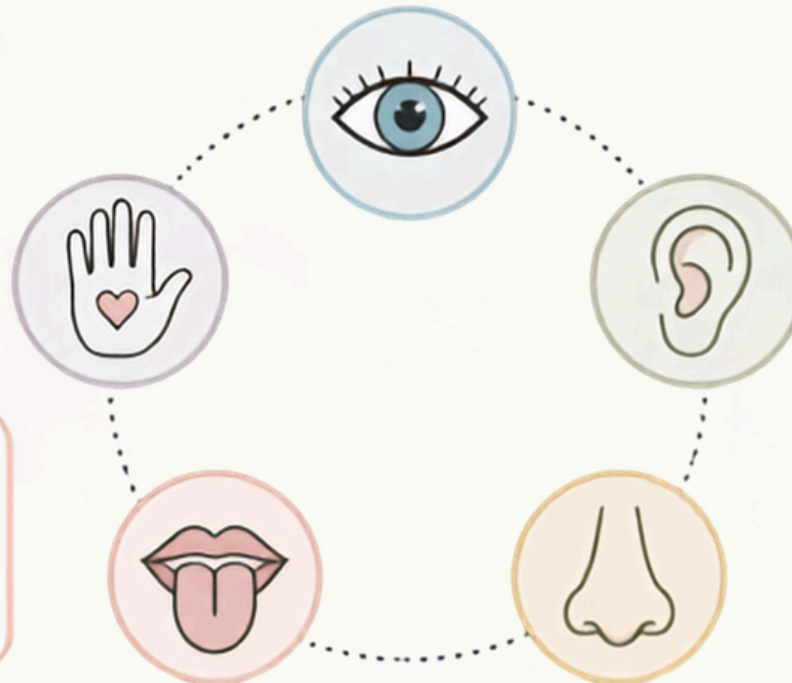
This is what I remember hearing:



This is what I remember tasting:



This is what I remember smelling:





Integration

➤ (The Butterfly Hug) ➤



When we have '**Big Energy**' or '**Scary Memories**', we can use Tapping to help our brain store them as **memories in the past**.

What I needed to feel safe was: _____

Cross your arms, tap your shoulders (one hand, then the other one), and imagine what you needed or wanted to have happen at the time to feel safe or safer. Even when this didn't or couldn't happen it can be helpful for our body to picture it. Tapping helps our brain process big feelings so they don't feel like they are happening right now.



The Security Guard

(Amygdala)



Why did your body do that?

When scary things happen,
our brain's 'Security Guard'
takes over to keep us safe.



It's not a choice; it's a reflex.

You were doing exactly what your
body needed to do to survive.

My body wanted to:





Sending a Message

7 of 9

of Safety



Now, we can send a message to our Security Guard
to let it know the threat has passed.

We are safe now.

 **At the time, I was feeling:** _____

 **I now know that I am safe because:** _____



Support

Draw a Picture of Your Support Person?





My Calm-Down Checklist



When I feel big feelings, I can try one of these to help my body feel safe:

- ☐ Take 3 slow, deep breaths.
- ☐ Drink a glass of cold water.
- ☐ Hug a soft pillow or stuffed animal.
- ☐ Name 3 things I can see in the room.
- ☐ Shake my hands and feet like a wet dog to let the big energy out.
- ☐ Do 10 Jumping Jacks or Leap Frogs.
- ☐ Ask a safe person for a hug.

My favorite way to calm down is: _____





A Little Note



We hope this was helpful for you. This workbook is a guide for immediate support. If you continue to have scary images, feel very sad, or feel 'stuck,' please talk to a professional trauma therapist.

For more resources visit our [Trauma Healing Academy](#) app or our website at www.attchniagara.com

Wishing you a gentle rest of your day!



**You don't have to manage this alone.
The ATTCH Niagara TCRT is here to
help.**





A Note for Caregivers



Supporting Your Child Through Big Feelings

You are your child's most important 'co-regulator.' When they are overwhelmed, your calm presence is the safest place for them to be.

Bearing Witness

It is not about whether you and your child remember the event the same way; it is about bearing witness to their unique experience. When you listen without needing to 'fix' it, you provide a sense of empowerment and security.

The 'Notice it, Name it' Strategy

When your child is struggling, pause and breathe. Then, try naming the emotion:

"It looks like you are feeling [sad/angry/scared]. Would [a hug/shaking it out/bouncing] be helpful?"

Quick Regulation Tips

To Decrease Arousal

(if they are overwhelmed/shut down): Use deep breathing, gentle pressure, or soothing music.

To Increase Arousal

(if they are sluggish/numb):
Use movement, dancing, or chewy snacks.

A Final Note

Trauma responses are survival strategies, not 'bad behaviour.' By providing compassion, structure, and predictability, you are helping your child's brain file these memories away in the past. If you notice persistent changes in sleep, mood, or behaviour, reaching out to a trauma-informed therapist is a sign of strength. Be sure to take time to take care of you too!

Wishing you a gentle rest of your day