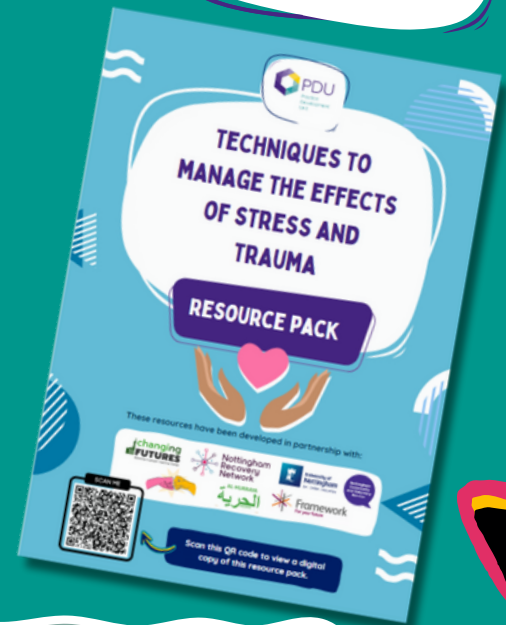


TECHNIQUES TO MANAGE THE EFFECTS OF STRESS AND TRAUMA



Want to learn free and accessible ways to support your own mental health and wellbeing?

This resource pack contains strategies and tools to help manage stress and trauma which you can use by yourself, or explore with someone you trust



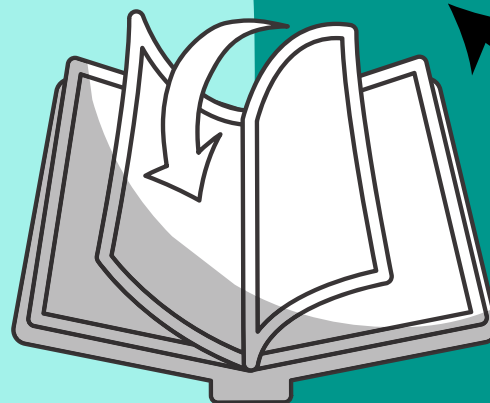
Download our resource pack!

SCAN ME



The Resource Pack includes information on:

- An Introduction to Acceptance and Commitment Therapy (ACT)
- Window of Tolerance
- The Stress Response
- Grounding Techniques
- Self Soothing
- Mindfulness
- Connecting with Nature
- Journaling



<https://www.nottinghamcvs.co.uk/pdu-stress-and-trauma-pack>

Developed in partnership with:



Nottingham
Recovery
Network



Framework
For your future



University of
Nottingham
UK | CHINA | MALAYSIA

