

TECHNIQUES TO MANAGE THE EFFECTS OF STRESS AND TRAUMA

RESOURCE PACK

PROMOTIONAL LAUNCH PACK



These resources have been developed in partnership with:



Nottingham
Recovery
Network



University of
Nottingham
UK | CHINA | MALAYSIA

Nottingham
Community
and Voluntary
Service



AL-HURRAYA
الحرية
FREEDOM



Framework
For your future

TECHNIQUES TO MANAGE TO EFFECTS OF STRESS AND TRAUMA- RESOURCE PACK

New partnership resource to help support mental health and wellbeing



What is this?

- This resource pack is a collection of strategies designed to help people cope with stress, regulate emotions, and stay grounded in the present.
- It has been developed to help people manage the effects of trauma, with a particular consideration towards individuals who are experiencing multiple disadvantage.



The pack is intended to be an **accessible resource** that people can use by themselves, or explore with someone they trust.



It intentionally draws upon suggestions that are **free or low cost** to implement, to benefit a wide audience.



It provides **practical examples** of techniques that can be used to improve mental health and wellbeing, as well as **tools** to support people to practice the different strategies that are outlined in the pack.

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The Resource Pack includes:

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



This resource has been developed by the Nottingham Practice Development Unit (PDU) collaboratively with psychologists from Framework, Nottingham Recovery Network, Al-Hurrayah and the University of Nottingham, and with consultation with the Nottingham Changing Futures Expert Citizen Group involving individuals with lived experience of severe and multiple disadvantage (SMD).

Click below to download a printable version
of the resource pack:

SCAN ME

CLICK HERE



Request a hard copy

There is a limited budget to provide free printed copies of this resource pack to local services and organisations who support people impacted by trauma, abuse, addiction, homelessness, and/or individuals who experience poor mental health/ have contact with the criminal justice system.

Fill in the below form to register your interest and we will contact you to confirm your order when our printed packs are next available.

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<https://forms.office.com/e/CR3gv8HMjB>



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

Share our social media posts and graphics:

Image



Text

This PDU resource pack is a collection of strategies designed to help people cope with stress, regulate emotions, and stay grounded in the present.

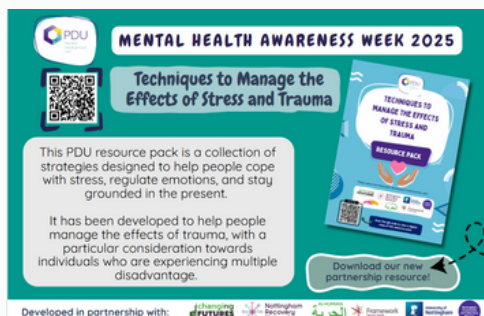
It has been developed to help people manage the effects of trauma, with a particular consideration towards individuals who are experiencing multiple disadvantage.

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



The PDU “Techniques to Manage the Effects of Stress and Trauma” Resource Pack is aimed at anyone looking to improve their mental health and wellbeing. Use these techniques on your own or explore with somebody you trust

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



Mental Health Awareness Week 2025

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

Download the PDU’s new partnership resource pack to learn techniques and strategies to help manage the effects of stress and trauma.

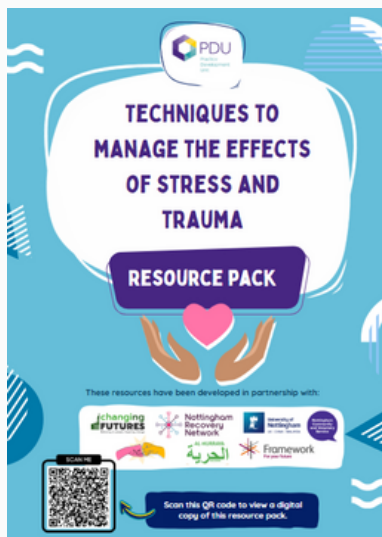
<https://www.nottinghamcvs.co.uk/pdu-stress-and-trauma-pack>

Poster



Print this poster and display it in staff or service user areas. It provides an overview of the “Techniques to the Manage the Effects of Stress and Trauma” Resource Pack with a QR code to access a digital copy of the booklet and a link to download a printable version of the pack.

Resource Pack

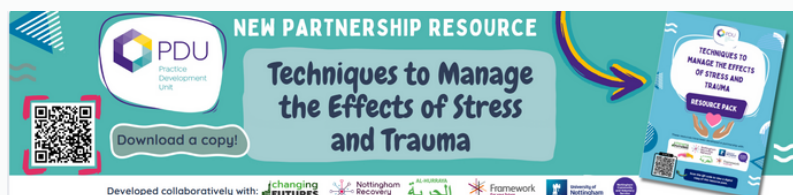


This PDU Resource Pack is currently hosted on the NCVS website at:

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

From this webpage you will be able to view a digital copy of the booklet and download a printable version of the pack.

Email signature



Help promote our resource by adding this banner to your email signature with the following message: **“Click here to find out more and to download a copy”**



The Nottingham Practice Development Unit (PDU) offers a unique opportunity for professionals and volunteers from all sectors in Nottingham and beyond, who work with people facing Severe and Multiple Disadvantage (SMD), to connect, learn collaboratively and share good practice and expertise in the field of SMD.

The PDU acts as a collaborative learning platform to improve people's understanding of how to best help people who experience SMD, and to support services and staff from a wide range of organisations to feel confident to deliver approaches that work.

The PDU is hosted by Nottingham Community and Voluntary Service (NCVS) and delivered in partnership with Nottingham Changing Futures and the Nottingham City Place Based Partnership.

Find out more at:

<https://www.nottinghamcvcs.co.uk/projects/practice-development-unit>



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Changing Futures Nottingham: <https://www.changingfuturesnottingham.co.uk/>

Framework: <https://www.frameworkha.org/>

Nottingham Recovery Network -
<https://www.nottinghamrecoverynetwork.com/>

Al-Hurraya: <https://www.al-hurraya.org/>

Nottingham Community and Voluntary Service
(NCVS)- <https://www.nottinghamcvcs.co.uk/>

