

Trauma Symptom Stabilization Techniques/Resources

Audio Visual Entrainment (AVE) a technique that utilizes pulses of light and sound at specific frequencies to gently and safely guide the brain into various brain wave patterns. By manipulating your brain wave frequencies, you have the ability to boost your mood, improve sleep patterns, sharpen your mind and increase your level of relaxation using a small, relatively inexpensive, battery or AC operated device.

David Delight Plus, manufactured in Canada by MindAlive.

www.mindalive.com



Square Breathing

- The breathing part:
 - Inhale for 3 seconds
 - Hold breath for 3 seconds
 - Exhale for 3 seconds
 - Hold breath for 3 seconds
- The "square" part – Use your hands to outline a perfect square in front of you as you do the breathing part
 - Bottom of square away from you for 3 seconds
 - Side of square from bottom to top for 3 seconds
 - Top of square toward you for 3 seconds
 - Side of square from top to bottom for 3 seconds

Rag Doll

- Sit on the edge of a chair
- Take a deep breath
- Bend forward from your waist and exhale
- Let your body go limp, completely limp
- Stay in the chair but let your body relax completely
- Breathe in slowly
- Sit up



Weighted Blanket/Lap Pad/Neck Wrap

- Weighted blankets, lap pads, neck wraps, etc. were developed to aid children with autism, ADD/ADHD
- The weight provides a sort of portable hug that is calming and soothing
- Buy them online or use online instructions to make your own

One source is www.sensorygoods.com

Make your own - <http://www.mamasmiles.com/sewing-tutorial-how-to-make-a-weighted-sensory-blanket/> or many other sites.



Mindfulness Resources

- <https://www.everyday-mindfulness.org/3-quick-mindfulness-practices-to-overcome-worry-anxiety-and-panic/>
- <http://www.drivingpeace.com/simple-dbt-mindfulness-exercises-for-anxiety/#.V7IxOI-cFPZ>
- <http://mindfulwaythroughanxiety.com/exercises/>
- <http://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356>



Trauma Symptom Stabilization Techniques/Resources



Exercise Your Brain

- A computerized brain training program cut the risk of dementia among healthy people by 48 percent, based on the analysis of the results of a 10-year study as described in *Health*, July 24, 2016.
- Games from the study available at www.brainhq.com (some games available for free, some by subscription)

Aids to Better Sleep

- Amber Glasses/Amber Night Lights
- Available at Amazon.com (look for blue blocker glasses) and many other places



Computer Modifications for Better Sleep

- Setting on the iPhone/iPad called Night Shift that will change the color of your screen to a more warm light tone
- F.lux software (free) – or similar software - can be downloaded and installed on your PC or android device to change the color to a warmer tone

Dr. Daniel Amen – Eat Right to Think Right

1. Think “high-quality calories” and not too many of them.
2. Drink plenty of water and don’t drink your calories.
3. Eat high-quality, lean protein throughout the day.
4. Eat smart carbohydrates (low glycemic, high fiber) – avoid refined sugar and processed foods with hidden sugar. (Sugar is NOT your friend – it increases inflammation in your body, it increases erratic brain cell firing, is addictive, and has been implicated in aggression.)
5. Focus your diet on healthy fats - Omega 3 oils from salmon, sardines, avocados, walnuts, dark green leafy veggies
6. Eat from the rainbow – natural foods of many colors.
7. Cook with brain-healthy herbs and spices to boost your brain – turmeric, cinnamon, rosemary, thyme, sage, garlic, ginger, cayenne pepper.
8. Make sure your food is as clean as possible – Buy organic especially for foods that have been found to be high in pesticide residues (Celery, strawberries, peaches, apples, blueberries, cucumbers, and others).
9. If you are having trouble with your **focus, mood, energy, memory, weight, blood sugar, blood pressure, or skin**; make sure to eliminate any foods that might be causing trouble, especially wheat and any other gluten-containing grain or food, and dairy, soy, and corn. (There are lots of gluten free alternatives in the grocery store and at many restaurants today – look around and ask where gluten free foods can be found or if there is a gluten free menu).

© Healing ADD The Breakthrough Program that Allows You to See and Heal the 7 Types of ADD, Daniel G. Amen, M.D.
Go to www.amenclinics.com for resources, links, brain helpful supplements, brain tests, and more.



Brain Healing LLC
1014 N Pines Road, Suite 201
Spokane Valley, WA 99206
(509) 221-0425