

10.29 Accident related
Emergency Psychological Support

Self-Help Guide Book

Unexpected Disaster...

How to Deal with Stress

- ✓ Stress reactions
- ✓ Techniques for calming your mind
- ✓ Places to get help



Korea University Student Counseling Center

Stress Reactions



✓ Unexpected disasters,
can cause various types of stress.

- Headache, indigestion, dizziness, palpitations
- I'm angry and annoyed
- I'm dazed and confused
- I can't sleep
- Unwanted memories come to mind over and over again
- I'm in tears and I don't want to do anything
- I'm anxious and easily startled
- I have trouble remembering and concentrating
- I have no energy and can't do anything

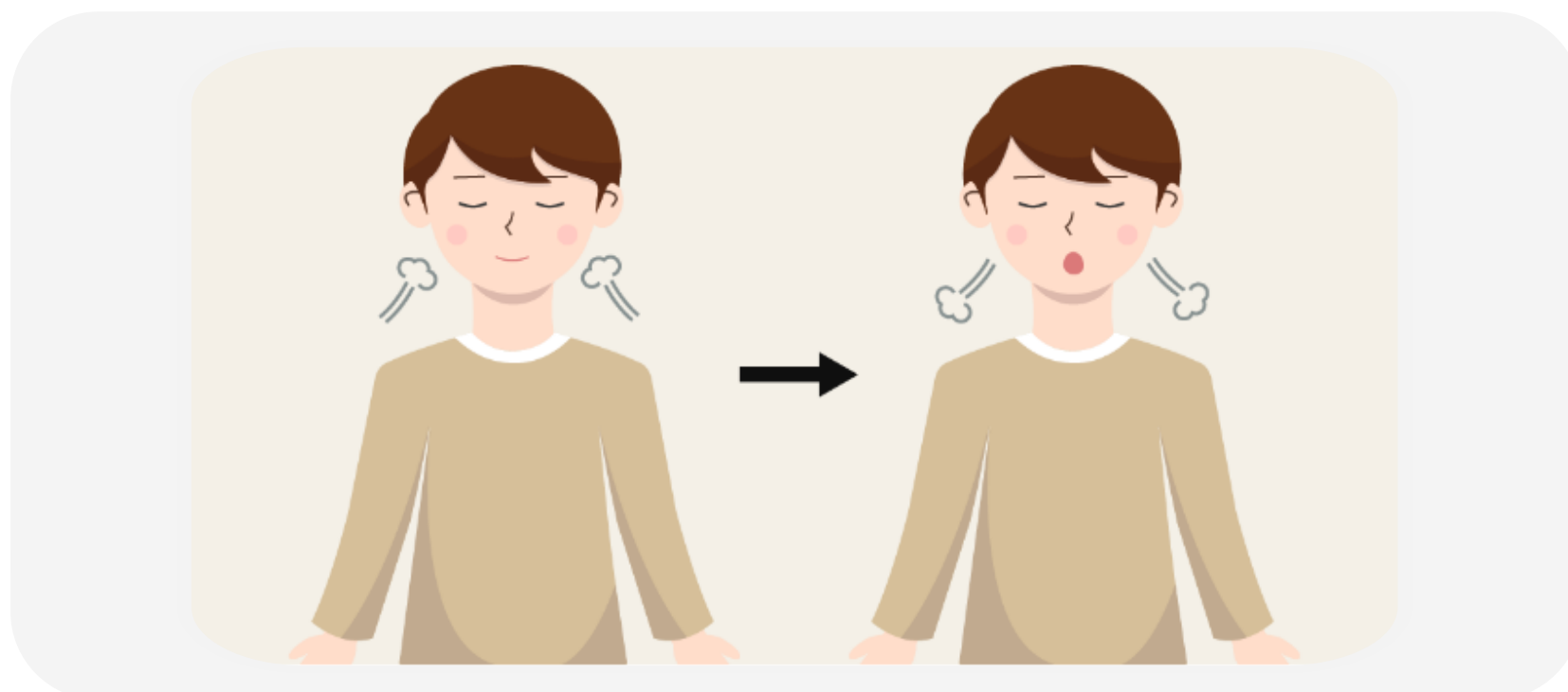
These stress responses are a normal phenomenon that can happen to anyone. Although the responses and recovery period may vary from person to person, it recovers naturally.

Source: National Center for Disaster and Trauma

Calm your mind when a stressful reaction occurs

01

Deep Breath



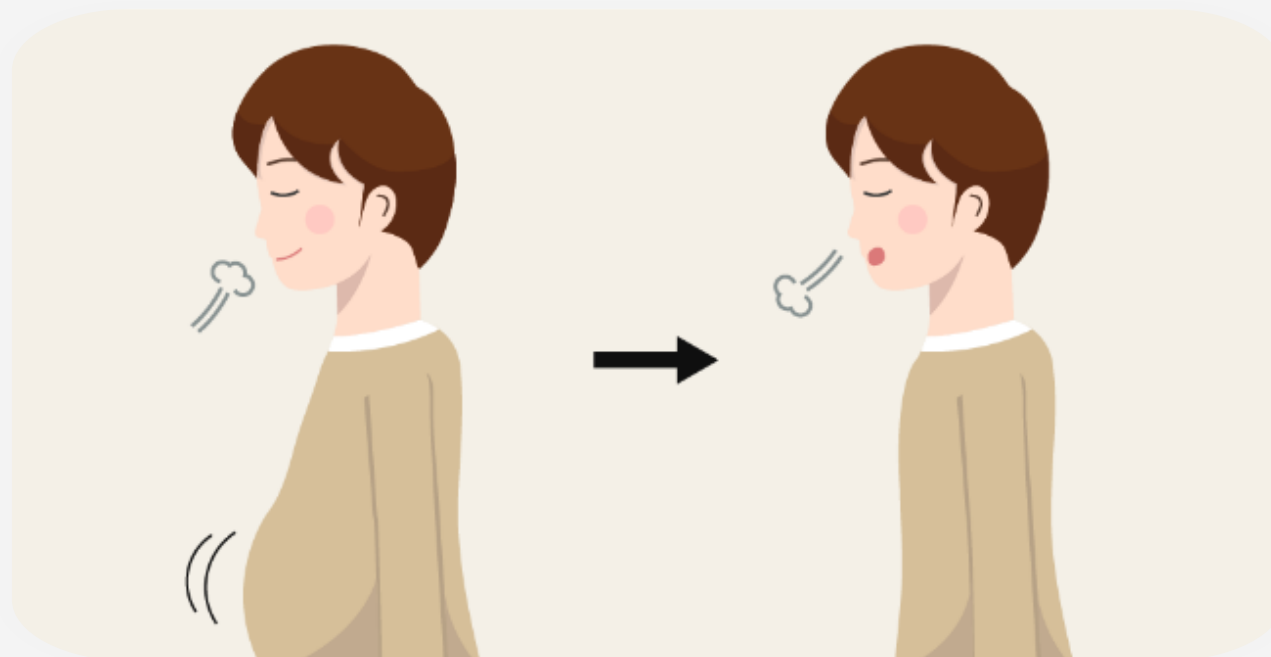
When you get nervous, you will unknowingly sigh and say, 'Phew~'. That's deep breathing. Deep breathing involves inhaling your breath through your nose and exhaling slowly until the end as if you were blowing a balloon while making a 'hooo' sound through your mouth. Breathe out slowly, concentrating on the feeling of the breath being expelled from your chest.

Calm your mind when a stressful reaction occurs

02

Abdominal Breathing

(Diaphragmatic Breathing)



Abdominal breathing is when you breathe in and your belly expands like a balloon, and when you breathe out, it contracts. Breathe only through your nose. Imagine taking a slow, deep breath down to your lower abdomen. Inhale and exhale slowly and steadily, concentrating on the feeling of your lower abdomen becoming heavier.

→ One set is 30 breaths.

For each abdominal breathing training, perform 1 set as a default.

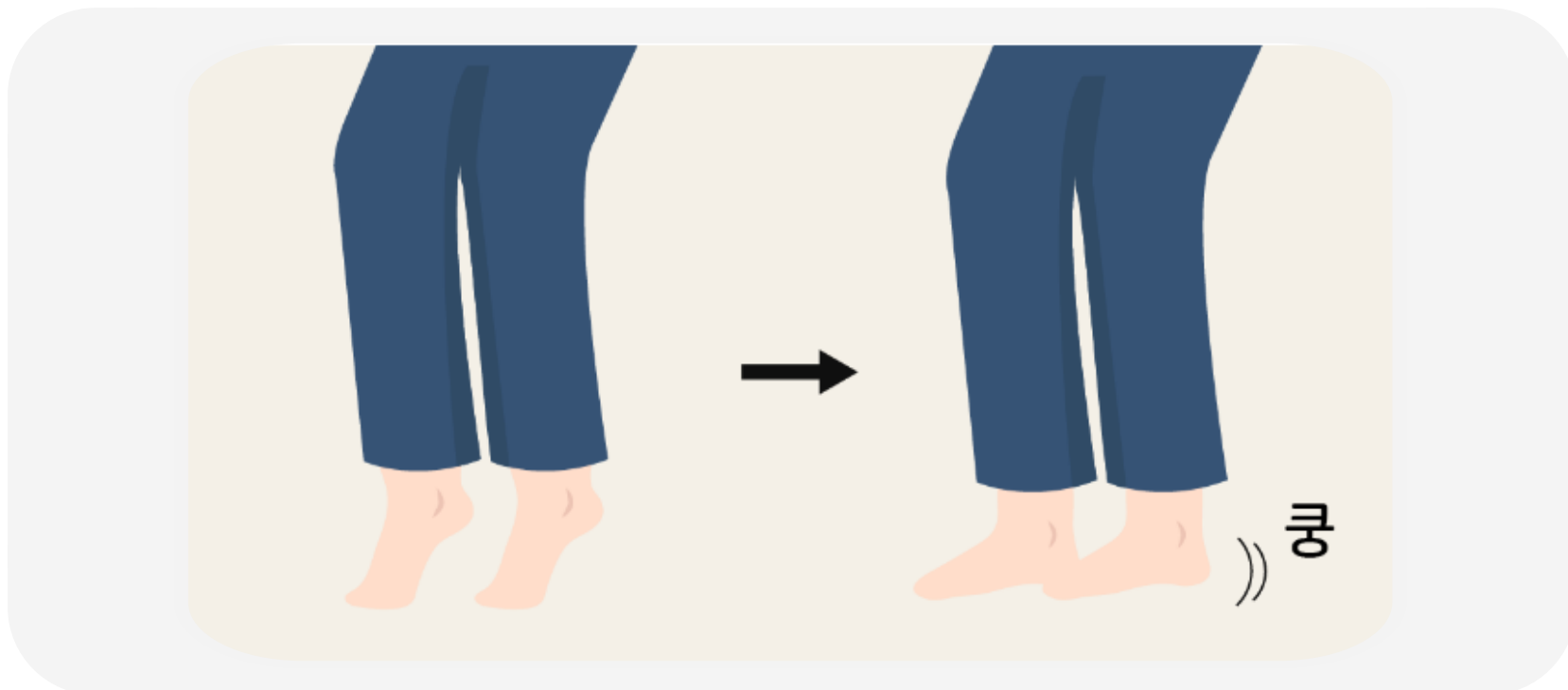


Video

Calm your mind when a stressful reaction occurs

03

Landing Method



The landing method is a method of regaining sense of 'here and now' by feeling your feet well grounded. Raise your heels and put them down, making a 'thud' sound. Then feel the hard floor as you put weight on your heels.

Calm your mind when a stressful reaction occurs

04

Butterfly Hug Method



The butterfly hug method is a way of reassuring yourself by patting your body from both sides when you experience sudden tension, pounding heart or flashback of painful moment. With your arms crossed over your chest, place your hands on your forearms and tap 10 to 15 times alternately from side to side like a butterfly flapping its wings.



Places to Get Help

Korea University Student Counseling Center
for 10.29 Accident related emergency psychological support program
Application link (English): <https://forms.gle/2HcByhL2CZNEdqBr5>



Korean Psychological Association application link (English)
https://docs.google.com/forms/d/e/1FAIpQLSe-Jo2OqHI_hWQGvY83Qa0X80Hrly9HNTBA2jR-IYJgFXiUNg/viewform



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