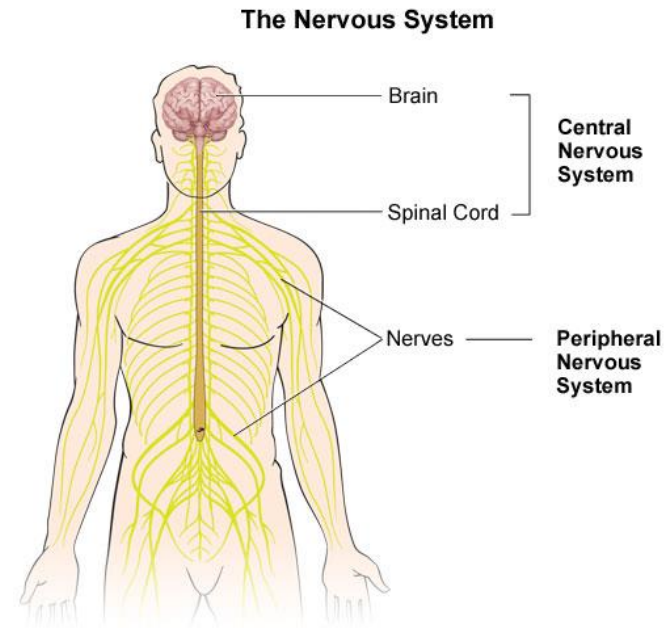


Help! I've got an alarm bell Going off
in my head!





The brain and nervous system's alarm process, which helps us to recognise and survive danger, is fantastic!



Life Threatened

- Stress hormones are released to meet the survival demands
- The thinking part of the brain (cortex) is held back
- Sometimes the alarm continues to sound and difficulty in daily life results.

The Alarm



- We all have an alarm bell in our head, like a fire alarm, to keep us safe in emergencies. It sends off a loud signal to our body.

- To run for it



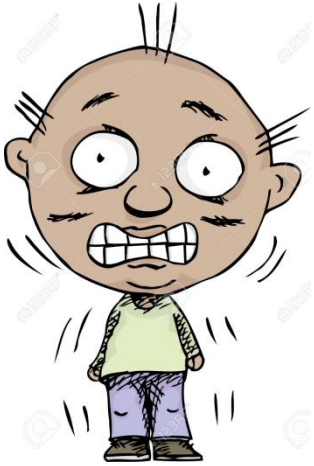
- To fight for our lives



- To pretend to be dead



Problem with the alarm ...



Shaking...



Anger...



Crying...



frozen to
the spot..

Problem with the alarm ...



mouth
Sweaty hands...



wobbliness ...



Surge of
energy...



Aggression
kicking,
punching,
swearing

Problem with the alarm ...

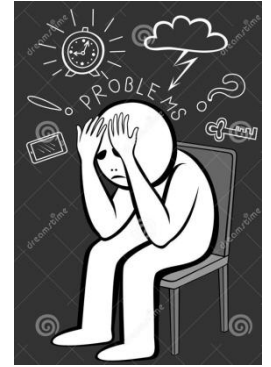


...dizzy



... shutting down, feeling far away
or like you are disappearing

Unhelpful thoughts



If your alarm goes off you will certainly not be able to think clearly. The thoughts will be about **running away**, or **fighting**, or that **something dreadful** is about to happen. These **unhelpful thoughts** keep the alarm going, and keep all the adrenalin pumping around your body.



Switching On

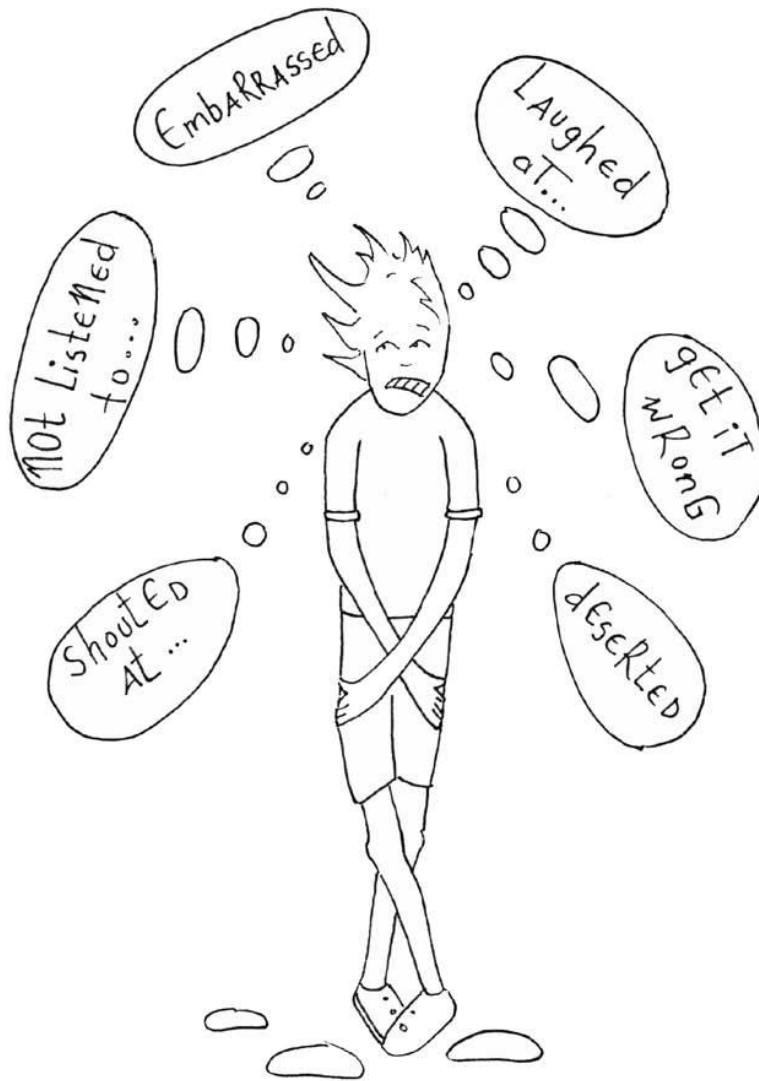
The situations that switch on the alarm are different for each of us.



These situations are called **triggers**;

"Maybe if your buttons weren't so big, Mel, people wouldn't be so inclined to push them!"

What are your triggers?



Common triggers

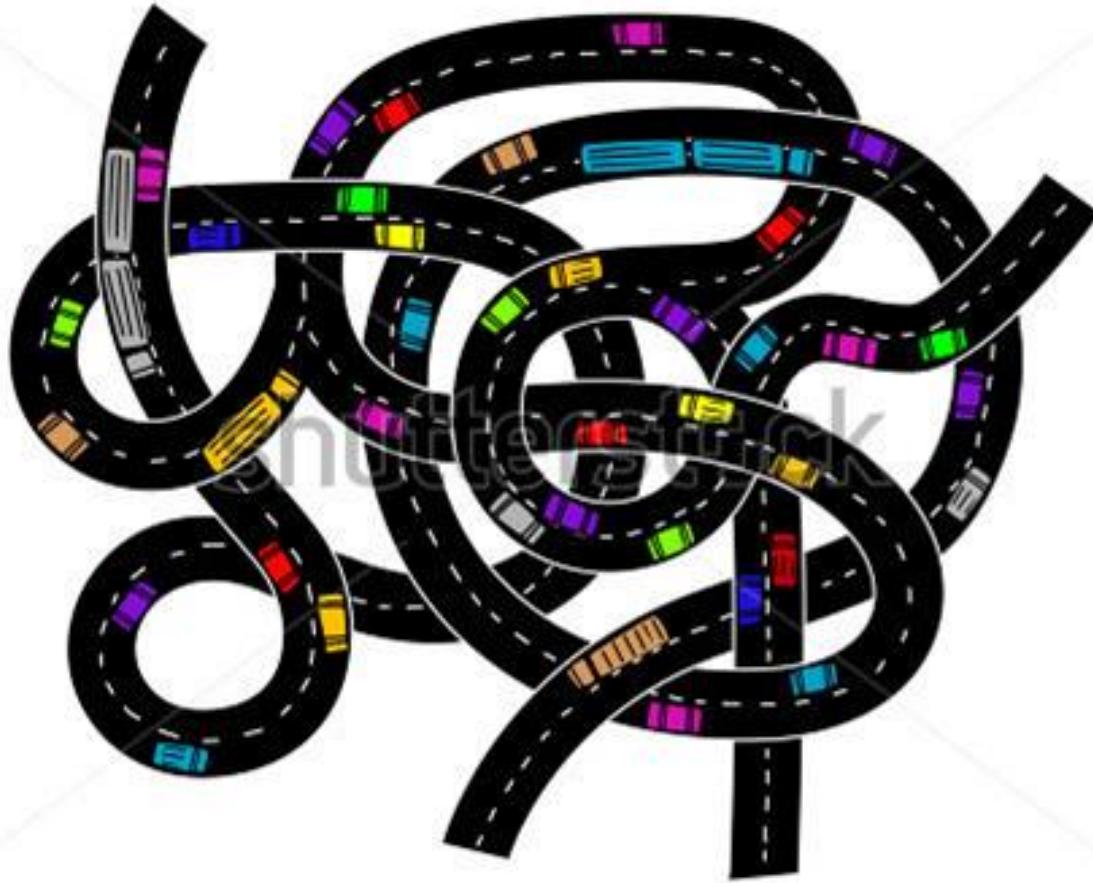


HIS FAULT

HER FAULT

THEIR FAULT

NOT ME



It can also be this way for many people who have Autism, and ADHD. The world can be too busy, scary and confusing.



Switching Off

There is good news – we can learn to switch off the alarm! There are lots of things that can help us to do this. They are simple ideas but they are not necessarily easy.



It's like training a lively dog who is determined to protect his owner



Dogs take time to learn new tricks; the trainer and the dog both need to keep practising!

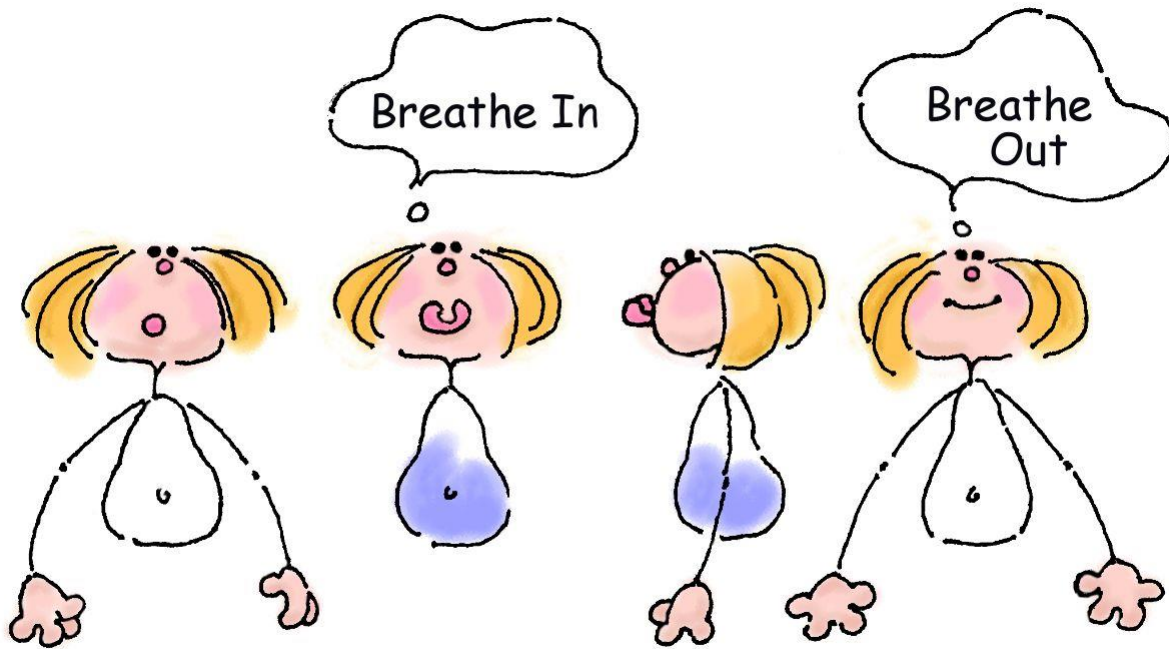
Ideas to try ...

Remember that your reaction is a **false alarm**, the body sometimes needs to be reminded of this.

1. Make a reminder notice/picture
2. Carry something in your pocket to remind you
3. Put a message on your phone



Breathe



Turn thinking back on ...



Counting



Name objects
that begin
with the same
letter



Spell your
name
backwards



Think of the words
to your favourite
song, and say them
(don't sing them)



Lazy eight breathing



Make yourself feel solid again



Gently push
against
something
firm



Rub arms



Feel the
ground
under your
feet



Feel something soft
and something hard,
something cold and
something warm

Come Back to Now

Noticing what is around you ...

- The colour of the carpet
- The feel of your jumper
- The temperature of your hands
- A picture on the wall

Concentrate on Something

That makes you happy or peaceful, or makes you laugh ...



A photo; favourite
animal, family,
mum?



A peaceful place



Listen to a piece of
music you love

Talk to someone

- ... who will listen? Being heard is very calming. Talk to someone as soon as you begin to feel that things are getting difficult



Looking after the Alarm System



Three Possible Danger Zones



If you feel a bit wobbly, good idea to carry out an alarm system patrol

Alarm System Patrol



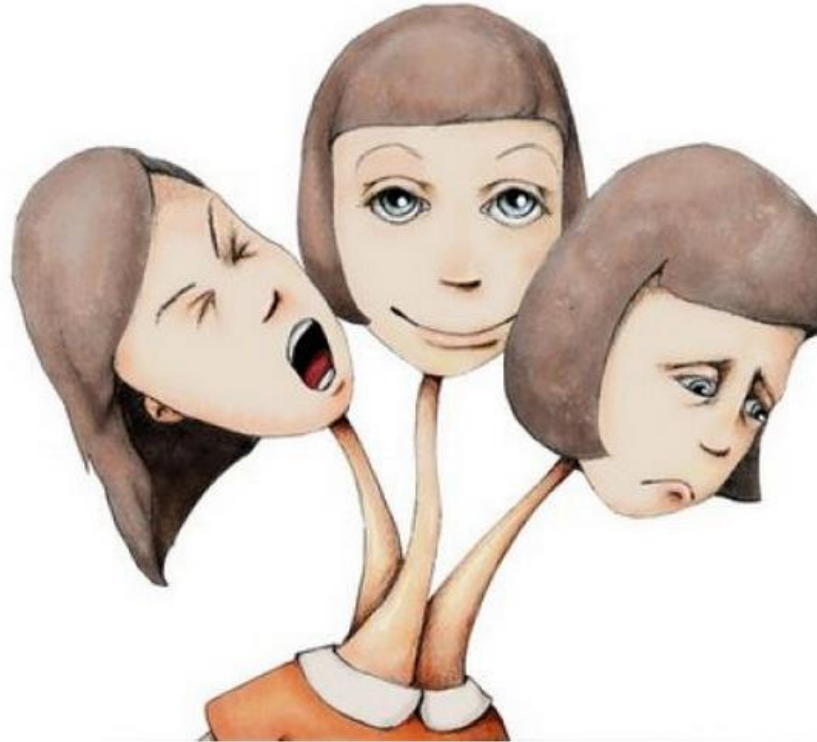
If you discover trouble in any of these zones, then is likely that your brain is on the look out for emergencies and your false alarm could be getting ready to go off. By noticing what is going on you can take more control.

Danger Zone One: Your Mind



The 'What ifs' are especially dangerous!

Danger Zone Two: Your feelings



Are you angry, lonely, or worried ...? Or maybe excited or scared?

Danger Zone Three: Your Body



To keep things peaceful

For your mind

Use your imagination to help you...

