



Empowering Mindfulness

To Get Over The Aftershock

IPT Always Here For You

When we go through a disaster or catastrophic event, we can have various unpleasant reactions such as lack of sleep, fear, and feeling physically and mentally drained. To release trauma, we need to disconnect from any source that can stimulate our memory of the event in order to feel safe and cope with the problems that might arise.

While IPT shared the experience of the Beirut blast with some stations being deeply affected, we at IPT, would like to assure you that we are resilient and will always be "Here For You". That's why we have created this quick guide with **8 easy tips** that will help you stay calm and release trauma to help you find yourself again and reconnect with life.

8 TIPS

Be Safe

Take care of your safety. Find a safe place to stay and make sure your physical health needs and those of your family are addressed.

Breathe

Sit or lie flat in a comfortable position putting one hand on your belly just below your ribs and the other hand on your chest. Take a deep breath in through your nose, and let your belly push your hand out. Repeat it 3 to 10 times.

Avoid Media

Limit your exposure to the sights and sounds of the disaster, especially on the television, radio and newspapers.

Eat Healthy

During times of stress, it is important that you eat healthy food whenever possible and drink plenty of water.

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“You can get through it. You are stronger than you realize!”

Rest

Giving your body and mind a break can boost your ability to cope with the stress you may be experiencing. Try to listen to your body.

Stay Connected

Your family and friends are here for you. Giving and getting support is one of the most important things you can do. Try to do something as a family that you have all enjoyed in the past.

Be Patient

Be patient with yourself and with those around you. Everyone is stressed and may need some time to put their feelings and thoughts in order. Give yourself time to heal.

Stay Positive

Remind yourself that you were among the survivors and you are given the chance the rebuild your future.

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“Give your thoughts a voice so they don't remain in your head!”