

NOTES ABOUT PROGRESS

Name of Client _____ Date _____

Name of Worker _____ Other People Present _____

SERVE

- **SHARE** that the victim's behavior is normal for cases of abnormal stress
- **EDUCATE** about stress in the body and brain (amygdala, cortex, fight/flight, dissociation)
- **REGULATE** the body and mind (acceptance)
- **VALIDATE** anger and grief
- **EMPOWER** the person (resilience)

BASE

- **B= Brain** (evidence of stress)
- **A= Alliance** (forming a good relationship)
- **S= Systems** (school, family, work, health)
- **E= Evidence** (to be referred to a professional)

SEEDS

For a healthy brain

- **S= Social**
- **E= Education**
- **E= Exercise**
- **D= Diet**
- **S= Sleep**

ACTIVITIES

For regulating stress

- Bilateral stimulation
 - “Theratapper” machine
 - play-doh
 - stimulating the two hemispheres
- Orientating Response
 - lemon, sweets, ice
 - cold shower
- Diaphragm breathing
 - sips of water
 - stomach like a balloon
 - sing while lying down
- Distract
 - talk about themes unrelated to what is causing the stress
 - call attention to the five senses
- Calm/Oxytocin
 - suck on chocolate, massage, drink hot tea, take a hot shower