

# WORKBOOK



## *Healing in the Storm*

LIVING THROUGH WAR & CONFLICT

BY HALA EL CHEMOR

# HI, WELCOME!



## MEET HALA

Founder of **YOUR BEAUTIFUL MINDS**,  
Holistic Psychologist.

Hala specializes in trauma release, emotional regulation, and relationships.

Her work integrates psychology, breathwork, and mind-body healing practices to support individuals in reclaiming emotional balance and resilience,

This ebook was written with one purpose: to reach you — wherever you are, whatever you are facing.

War does not only destroy buildings. It dismantles the invisible architecture of our inner world: our sense of safety, our trust in tomorrow, our ability to sleep, breathe, and feel whole. It alters how we think, how we parent, how we love, and how we survive.

As a holistic psychologist, I believe that healing must meet the whole person — mind, body, spirit, and community. Psychology gives us powerful tools. Spiritual wisdom gives us roots. Together, they can create a path through the darkest times.

This guide is not a substitute for therapy or medical care. It is a companion — a hand reaching across the distance to say: your responses are normal. Your pain makes sense. And this book is to give you tips and tools to help you cope with the instabilities around you.

May these pages bring you a small measure of steadiness, clarity, and hope.



*Hala El Chemor<sup>2</sup>*

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# HI, WELCOME!

## How to Use This Ebook

You do not need to read this in order. Go to the chapter that calls to you most.

Each chapter includes practical exercises, reflection prompts, and tools you can use today.

Interactive reflection boxes are designed for you to write in — print the pages, or type directly.

Chapter 6 is a dedicated guide for parents — shareable with teachers and community workers.

Return to any section as many times as you need. Healing is not linear.



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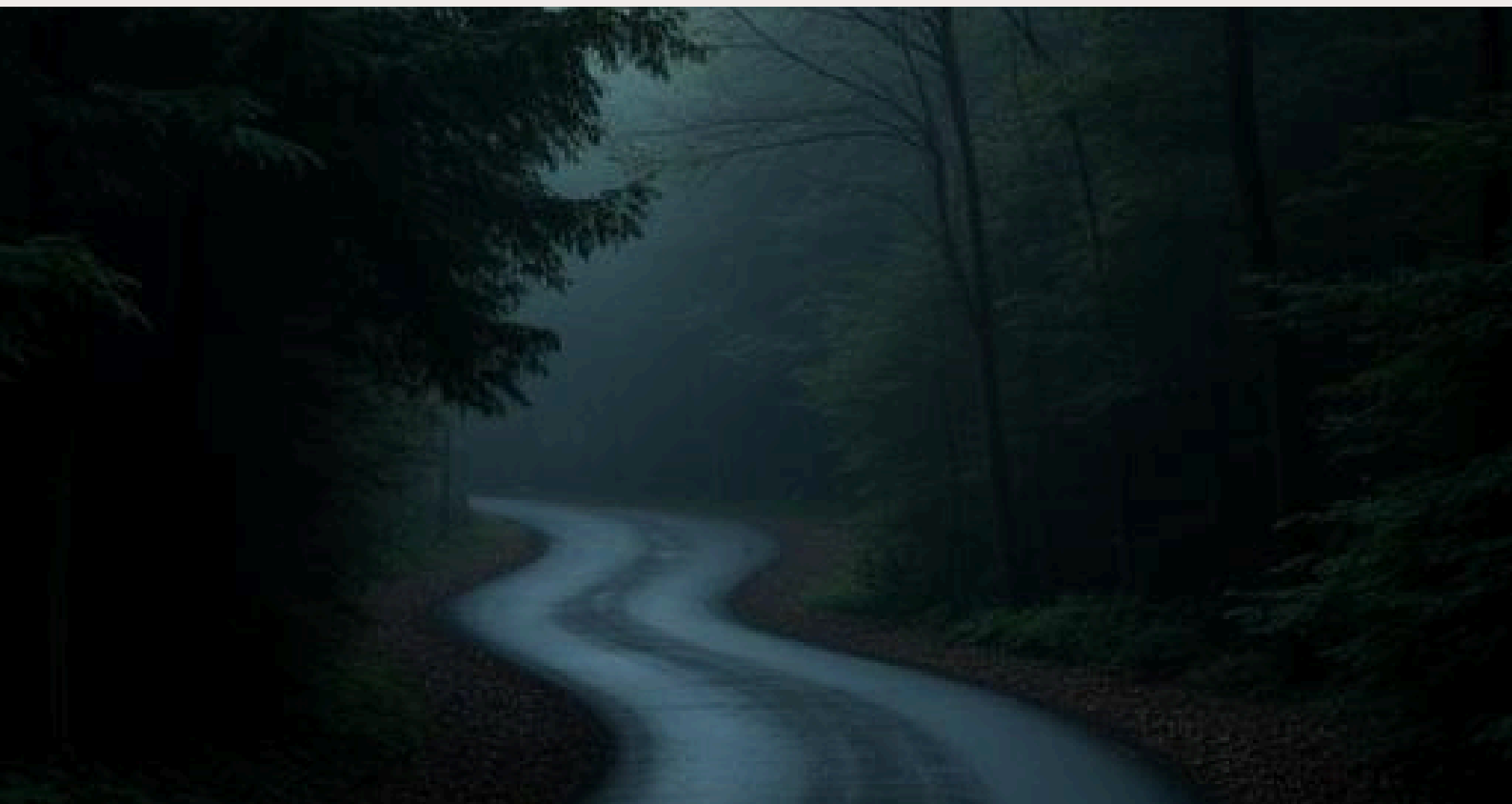
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# 01

## UNDERSTANDING TRAUMA DURING WAR

When people live through war, their nervous system often stays in survival mode. The brain begins prioritizing safety over everything else. This activates the fight, flight, freeze, or fawn response.



# CHAPTER ONE

# COMMON PSYCHOLOGICAL REACTION

These reactions are not weakness. They are survival responses. Your nervous system is trying to protect you.

## Emotional & Mental Responses

### **Hypervigilance**

Constantly scanning for danger

### **Emotional numbness**

Feeling disconnected

Intrusive thoughts — repeated memories or fears

### **Survivor guilt**

Feeling guilty for being safe

Anxiety, anger, irritability

Feeling disconnected from others

## Physical & Behavioral Responses

### **Sleep problems**

Difficulty falling or staying asleep.

Fatigue and exhaustion

### **Changes in appetite**

Loss or overeating

### **Tension**

Muscles and headaches

**Difficulty concentrating** or remembering

**Avoiding reminders** of trauma

# THE WINDOW OF TOLERANCE

Psychologist Daniel Siegel developed the concept of the Window of Tolerance — a zone in which we can function, feel, and process experience. Trauma pushes us outside this window into either hyperarousal or hypoarousal.



## Hyperarousal- Too Activated

Panic, rage, hypervigilance, flashbacks  
Racing heart, fast breathing, overwhelm  
Feeling: 'Everything is a threat. I cannot calm down.'



## Window of Tolerance- Optimal Zone

Able to feel emotions without being overwhelmed  
Can think and feel at the same time  
Present, connected, and able to cope



## Hypoarousal- Shut Down

Numbness, dissociation, emotional flatness  
Feeling empty, disconnected, frozen  
Feeling: 'Nothing matters. I am not really here.'



# 02

## CHAPTER TWO

### REGULATING YOUR NERVOUS SYSTEM



When living in a conflict zone, your nervous system may stay on high alert. Learning to regulate your nervous system can help restore moments of calm.

## Understanding the Autonomic Nervous System

### Sympathetic — The Gas Pedal

Activates fight or flight  
Releases adrenaline and cortisol  
Increases heart rate  
Directs blood to muscles  
Your survival mode

### Parasympathetic — The Brake

Activates rest and digest  
Slows heart rate and breathing  
Supports digestion, sleep,  
and healing  
Activates social engagement  
Your recovery mode

### Tool 1: Grounding Through the Senses (5-4-3-2-1)

- 5 — Name 5 things you can SEE right now
- 4 — Name 4 things you can TOUCH — feel the texture and weight
- 3 — Name 3 things you can HEAR
- 2 — Name 2 things you can SMELL
- 1 — Name 1 thing you can TASTE

This helps the brain move out of panic and back into the present moment.

## Tool 2: The Safe Breath

Breathing can directly calm the nervous system. Long exhalations signal safety to the brain.

Inhale slowly through your nose for 4 seconds

Hold for 4 seconds

Exhale slowly through your mouth for 6 seconds

Repeat for 2 to 3 minutes

Tip: The exhale being longer than the inhale is what activates the calming response.



## Tool 3: Box Breathing (4 counts each)

Inhale through your nose for 4 counts

Hold at the top for 4 counts

Exhale through your mouth for 4 counts

Hold at the bottom for 4 counts

Repeat 4 to 6 times. The rhythm is what matters.



## Tool 4: The Physiological Sigh

Fastest Known Stress-Relief Technique

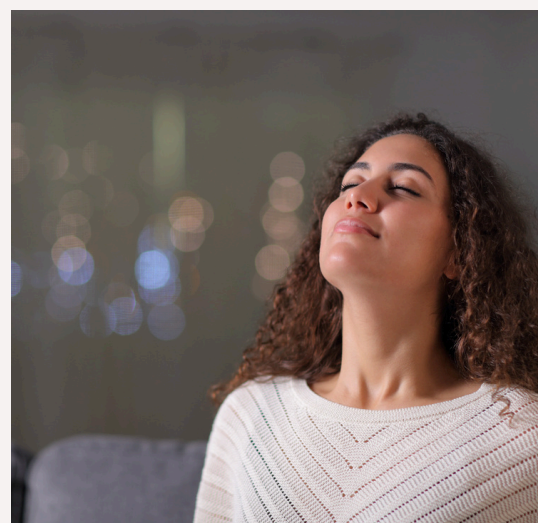
Take a normal inhale through your nose

At the top of the inhale, take a SECOND short sniff in

Then release a long, slow exhale through the mouth

Do this 1 to 3 times

You will feel an almost immediate shift in your nervous system.





# 03

## CHAPTER THREE

### MANAGING FEAR AND UNCERTAINTY

War creates an environment where uncertainty becomes constant. The mind tries to predict danger. But constant anticipation can create exhaustion, anxiety, and cognitive overload.



# THE CIRCLE OF CONTROL

War creates an environment where uncertainty becomes constant. The mind tries to predict danger. But constant anticipation can create exhaustion, anxiety, and cognitive overload.

## I CAN Control

How I breathe and regulate my body  
How I speak to loved ones  
What information I choose to consume  
My daily routines and small rituals  
How I respond to my own emotions  
How I choose to help others

## I CANNOT Control

Political decisions  
Military actions  
External events and news  
What others do or decide  
The timing of when peace comes  
How other people feel

## Thought Defusion

When your mind floods with catastrophic thoughts, create distance from them. Instead of becoming the thought, observe it.

### Practice: Labeling Thoughts

'I notice I am having the thought that...'


'My mind is telling me that...'

'I am experiencing the feeling that...'

This is not denial. It is creating breathing room between you and the story your mind is telling.

# *Exercise* YOUR CIRCLE OF CONTROL

Take a moment to reflect. Which of the following have you experienced recently?

 Write three things you can control today:

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 Write three things you cannot control — and practice releasing them:

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# 04

## CHAPTER FOUR

### EMOTIONAL COPING TOOLS

During war, emotions may swing between fear, anger, sadness, and numbness. All emotions are valid. All of them carry information. The goal is not to eliminate them, but to move through them.

## Tool: Emotional Naming

When emotions are unnamed, they feel overwhelming. Naming them — even silently — reduces their intensity. This is called affect labeling, and neuroscience confirms it calms the amygdala.

### Complete the sentence: Right now I feel...

- Scared
- Exhausted
- Numb
- Lonely
- Angry
- Hopeful
- Grateful
- Determined
- Helpless
- Sad
- Confused
- At peace

## The RAIN Practice

RAIN is a mindfulness-based tool for working with difficult emotions, developed by Tara Brach. It can be done in just a few minutes.

### R.A.I.N. — A Practice for Difficult Emotions

R — RECOGNIZE: Notice what you are feeling. Name it.

A — ALLOW: Let the feeling be there, without pushing it away or amplifying it.

I — INVESTIGATE: Gently ask — where do I feel this in my body? What does it need?

N — NURTURE: Offer yourself what the feeling needs — compassion, rest, connection.

After RAIN, simply rest in the quiet that follows.

# *Exercise* EMOTIONAL JOURNAL

 Today I am feeling:


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 The hardest moment today was:

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 Something that gave me strength today was:

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# 05

## CHAPTER FIVE

### PROTECTING YOUR MENTAL HEALTH

When living in crisis, mental health requires intentional, daily care. These are not luxuries. They are survival practices.

## Limit News Exposure

Continuous exposure to distressing news significantly increases anxiety, helplessness, and depression. Your nervous system cannot distinguish between a screen and direct threat.

## Healthy News Boundaries

Check news once or twice daily — not continuously

Avoid graphic images and videos

Turn off notifications at night

Designate one hour in the day as 'news-free' for the family

Choose trusted sources and limit doomscrolling

## Maintain Small Routines

Routine helps the brain feel safer. Even when the external world is chaotic, a predictable internal rhythm creates stability.

- Morning tea or coffee ritual — done slowly and mindfully
- A daily walk — even short — to move the body and change environment
- Evening reflection — even 5 minutes of quiet
- Consistent sleep and wake time
- Shared meal with others

## Stay Connected

Isolation increases distress. We are neurobiologically wired to co-regulate with others. Human connection is not optional — it is medicine.

- Reach out to one person each day, even briefly
- Connect with family members, friends, community groups
- Collective prayer, meditation, or ritual
- Online connection when in-person is not possible







# 06

## CHAPTER SIX

### HELPING CHILDREN COPE WITH WAR



# A MESSAGE TO PARENTS

You are holding an impossible weight. You are trying to protect your children from something that cannot be fully protected against — while carrying your own fear, grief, and exhaustion.

The most important thing to know: children's resilience is deeply connected to yours. When you regulate yourself — even imperfectly — you become your child's nervous system. Your calm becomes theirs. Your presence is the most powerful tool you have.

YOUR CHAPTER TITLE HERE





## HOW CHILDREN EXPERIENCE WAR

Children experience war differently than adults. They may not fully understand what is happening but feel the emotional atmosphere around them acutely.

### Common Reactions in Children

- Nightmares and sleep disturbances
- Clinginess — not wanting to leave the parent's side
- Aggression or irritability
- Regression — bedwetting, thumb sucking, baby talk
- Withdrawal from activities and relationships
- Physical complaints — stomachaches, headaches

These are stress responses — not signs that something is permanently wrong with your child. They are communicating their distress through the language available to them.

# BY AGE AND STAGE

## 0–5 YEARS: INFANTS AND TODDLERS

Cannot understand what is happening, but absorb emotional states directly from caregivers

May show: clinging, regression, sleep disruption, feeding problems

What they need: physical closeness, consistent routines, calm voice and touch

Say: 'There are loud sounds. You are safe. I am here.'

## 6–11 YEARS: SCHOOL-AGE CHILDREN

Beginning to understand danger but may distort it significantly

May ask difficult questions about death, fairness, and God

May show: nightmares, physical complaints, aggression, or withdrawal

What they need: honest, age-appropriate information; validation of feelings; structure

## 12–17 YEARS: ADOLESCENTS

Able to understand the full scope of danger — which can feel overwhelming

May show: anger, risk-taking, withdrawal, guilt, political engagement, or numbness

Feel the tension between needing independence and needing parental comfort

What they need: to be heard seriously; age-appropriate autonomy; peer connection

## WHAT CHILDREN NEED MOST

### SAY THIS

'What you are feeling makes complete sense.'

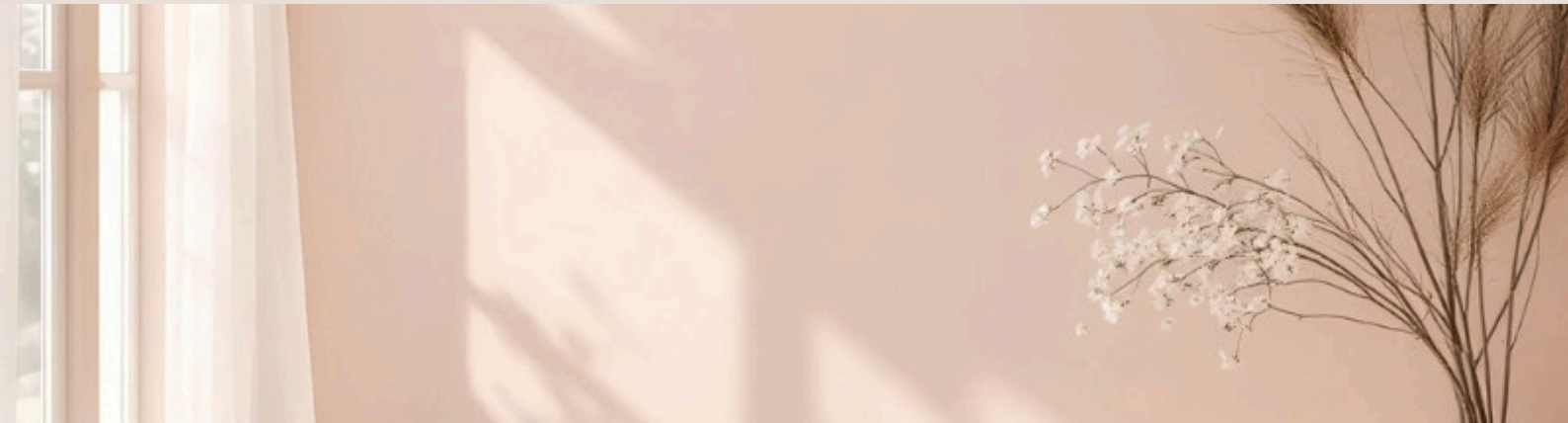
'I don't have all the answers — and that's okay.'

'We are going to get through this together.'

'It is okay to cry. It is okay to be scared.'

'You did not cause this.'

'I am not going anywhere. I am right here.'



”

*You cannot always  
protect your child  
from the sound of  
war, but you can  
protect their heart  
with truth,  
comfort, and  
unwavering love.*

### AVOID SAYING THIS

'Stop crying — be strong!'

'Nothing bad will happen.'

'Don't worry about it.'

'You need to be brave for the little ones.'

'Adults are talking.'

'God is punishing us.'

# CREATING SAFETY THROUGH ROUTINE

## Building a Crisis Routine

Wake at a consistent time each day

Shared meals whenever possible

Designated story time, play time, or learning time each day

Consistent bedtime ritual: washing, reading, prayer, a goodnight phrase you repeat every night

Brief daily check-in: each family member shares one feeling and one thing they are grateful for



## USING SIMPLE LANGUAGE TO EXPLAIN WAR

Use simple language at the child's level. Avoid overwhelming details. Focus on safety and reassurance.

### Example Language for Children


For young children: 'There are difficult things happening far away, but we are doing everything we can to stay safe. I love you and I am with you.'

For school-age: 'There is a war happening. That means people are fighting. It is scary and it is wrong. We are as safe as we can be, and I will always tell you the truth.'

For teens: 'I know you understand what is happening and I want to talk with you about it honestly. How are you feeling? What questions do you have?'

# *Exercise* FOR PARENT

Ask your child these questions when the moment feels right:

 What has been worrying you lately? (Write their response here)

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 What helps you feel safe? (Write their response here)

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# 07 CHAPTER SEVEN

## REGULATION TOOLS FOR CHILDREN

Children regulate emotions through the body. These tools are simple, playful, and powerful. Many work beautifully as family practices — parent and child together.



## TOOL 1: BELLY BREATHING

### *Belly Breathing — For Children*

Ask your child to place one hand on their belly

Inhale slowly and feel the belly rise like a balloon

Exhale slowly and feel it fall

Make it playful: 'Let's pretend to blow up a big balloon!'

Do this 3 to 5 times together

For very young children, lying down makes it easier to feel the belly move

## TOOL 2: SAFE PLACE VISUALIZATION

### *Guided Visualization for Children*

Ask your child to close their eyes if they feel comfortable

'I want you to imagine a place where you feel completely safe and happy.'

'It could be real or imaginary — a beach, a room, a grandparent's house, or anywhere.'

'What do you see there? What sounds do you hear? How does your body feel?'

'Take a few slow breaths in your safe place.'

Return to this place together whenever they feel afraid

## TOOL 3: THE WORRY BOX

- Write or draw worries on slips of paper
- Put them in a box or envelope — 'putting worries away' for the night
- Tell your child: 'The worries are in the box. We don't need to hold them in our minds right now.'
- This symbolic act creates genuine psychological relief for children



## TOOL 4: EMOTIONAL DRAWING

Children often express feelings through art before they can find words for them. This is not just creative activity — it is genuine therapeutic processing.

### Emotional Drawing Activities

Draw what fear looks like — give it a shape, a color, a face

Draw what safety looks like — what does safe feel like in your body?

Draw your family — notice who is included, how close they are

Draw something that made you happy today, even something small

Discuss the drawing gently, with curiosity rather than interpretation

'Tell me about this part of your drawing...' works better than 'What does this mean?'



## TOOL 5: THE BUTTERFLY HUG (FOR CHILDREN)

*Bilateral Stimulation — Calming for Any Age*

Cross both arms over your chest, each hand touching the opposite shoulder

Alternate gentle tapping — left, right, left, right

Breathe slowly while tapping

Do this together with your child for 1 to 2 minutes

Say: 'We are sending calm from side to side in our brain.'

## WARNING SIGNS THAT REQUIRE PROFESSIONAL SUPPORT

*Seek Professional Help If Your Child:*

Completely refuses to eat, sleep, or leave your side for extended periods

Loses skills they had already learned (language, toilet training) for more than 2 weeks

Has persistent nightmares or sleep disruption for more than 4 weeks

Expresses wanting to die or harm themselves

Becomes aggressive or violent in ways that cannot be redirected

Appears to hear or see things that are not there

# 08

## BUILDING RESILIENCE

Resilience does not mean being unaffected by hardship. It means the ability to adapt, recover, and continue moving forward — even when the path is broken and unclear.



## Resilience Is Not:

Resilience is NOT being strong all the time

Resilience is NOT pretending to be okay

Resilience is NOT recovering quickly

Resilience IS allowing yourself to fall apart —  
and choosing to continue anyway

Resilience IS asking for help when you need it

Resilience IS returning to yourself, again and  
again, no matter how far you drift

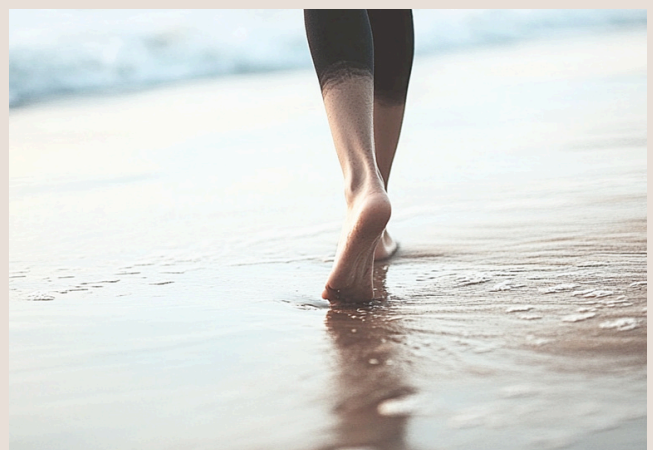
## Resilience Grows Through

- Connection — with others, with yourself, with meaning
- Emotional expression — naming, feeling, releasing
- Spiritual beliefs and practices — a sense of something larger than oneself
- Community support — shared burden is lighter burden
- Post-traumatic growth — transformation born from adversity

## Post-Traumatic Growth

Research shows that many survivors of extreme adversity report post-traumatic growth — not in spite of their suffering, but alongside it. This includes: deeper relationships, greater personal strength, new possibilities, deeper appreciation for life, and spiritual deepening.

Growth does not mean suffering was worth it. It means humans have a remarkable capacity to transform pain.





# 09

## CHAPTER NINE THE POWER OF COMMUNITY



In times of war, community becomes essential. We heal in relationship. The social nervous system is our primary regulatory system — before we can self-regulate, we co-regulate through others.

## **The Science of Co-Regulation**

The presence of a calm, attuned person literally regulates the nervous system of those around them. When we sit with others in their suffering — offering presence, not solutions — we offer something deeply healing.

## **What Co-Regulation Looks Like**

The presence of a calm, attuned person literally regulates the nervous system of those around them. When we sit with others in their suffering — offering presence, not solutions — we offer something deeply healing.

## **Community Practices for Collective Healing**

- Support groups — sharing experiences reduces isolation and normalizes responses
- Community gatherings — even brief, even informal
- Collective prayer or meditation — shared ritual is a powerful nervous system regulator
- Helping others in need — restores a sense of agency and purpose
- Preserving cultural practices — music, food, language, art as acts of resilience

## **Helping Others Helps You**

One of the most powerful antidotes to helplessness is action. When we help others, we restore a sense of agency and meaning — both of which are depleted by trauma.

### *Small Acts, Large Impact*

Check on one neighbor or community member each day

Share food — the act matters as much as the food

Read to children in your community

Lead a brief communal prayer or moment of silence

Document and preserve community stories and memories



# 10

## CHAPTER TEN

### WHEN TO SEEK PROFESSIONAL HELP

Most responses to war are normal reactions to abnormal circumstances. But sometimes symptoms become overwhelming, and professional support can make an essential difference.



## Consider Seeking Help If You Experience

- Constant panic or inability to calm down, even briefly
- Inability to sleep for many consecutive nights
- Severe depression — inability to eat, function, or care for yourself
- Thoughts of harming yourself or ending your life
- Complete disconnection from reality or dissociation
- Inability to care for your children or carry out basic daily functions

## Psychological Support Is a Sign of Strength, Not Weakness

Seeking help is one of the bravest things a person can do.

It means you are choosing your wellbeing — and the wellbeing of those who depend on you.

Online therapy is available for those in conflict zones or displaced from their homes.

Reach out to: local mental health services, community health workers, trusted religious leaders, or contact Your Beautiful Minds for online support: [www.yourbeautifulminds.com](http://www.yourbeautifulminds.com)

## Holistic Approaches Available Through Your Beautiful Minds

Hala works with a unique blend of evidence-based and holistic therapies for trauma recovery:

### Evidence-Based Therapies

Cognitive Behavioral Therapy (CBT)  
Mindfulness-Based Stress Reduction (MBSR)  
Trauma-Focused Therapy  
NLP and Life Coaching

### Holistic & Somatic Modalities

Functional and Transformative Breathwork  
Sound Healing  
Family Constellation Therapy  
Access Bars / Somatic work



# 11

## CHAPTER ELEVEN

### GRIEF, LOSS, AND THE LONG ROAD OF HEALING

War takes so much. People. Homes. Livelihoods. Futures that were imagined but never came. Grief in war is layered and cumulative — loss upon loss, before there is time to mourn what came before. Grief is not a disorder. It is love with nowhere to go.

## Types of Loss in War

- Cumulative loss — multiple losses before any can be processed
- Traumatic grief — deaths that were sudden, violent, or witnessed
- Ambiguous loss — missing persons, destroyed homes, lost identity and future
- Disenfranchised grief — losses not recognized by society as 'real' losses
- Anticipatory grief — mourning what might still be lost

## The Dual Process Model of Grief

Healing from grief is not a straight line through stages. It looks more like oscillation — moving back and forth between loss and restoration.

### Loss Orientation

Focusing on the loss itself  
Crying, remembering, missing  
Processing pain and longing  
This is necessary and healthy  
Resisting it prolongs suffering

### Restoration Orientation

Rebuilding life and identity  
Managing new roles and challenges  
Taking breaks from grief  
Finding new meaning  
This is also necessary — not betrayal

Healing does not mean forgetting. It does not mean getting over it. It means learning to carry the loss differently — so it becomes part of you, rather than all of you.



# 12

## CHAPTER TWELVE

### YOUR PERSONAL HEALING PLAN

Healing is not one tool. It is a practice — a daily, intentional turning toward yourself and your needs.

This chapter helps you build a simple, sustainable personal healing plan.

# Self-assessment

There are no right or wrong answers; simply respond as you see fit and see what you discover about yourself.

ON A SCALE OF 1-10, HOW REGULATED DOES YOUR NERVOUS SYSTEM FEEL RIGHT NOW? (1 = COMPLETELY OVERWHELMED, 10 = CALM AND PRESENT). DESCRIBE WHAT THAT NUMBER FEELS LIKE IN YOUR BODY.

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WHAT IS YOUR PRIMARY CHALLENGE RIGHT NOW: ANXIETY, NUMBNESS, GRIEF, ISOLATION, PARENTING STRESS, OR SOMETHING ELSE?

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WHICH TOOLS FROM THIS EBOOK RESONATED MOST STRONGLY WITH YOU? LIST 2 TO 3 YOU WANT TO PRACTICE.

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## A Simple Daily Structure

### *Your Daily Healing Practice*

**MORNING** (5–10 min): One grounding or breathing technique. One intention for the day.

**MIDDAY**: A micro-recovery moment — tea, music, sunlight, connection, prayer.

**EVENING** (10–15 min): Body scan or gentle movement. Reflect: what felt hard today? What helped?

**NIGHT**: Gratitude — 3 things, however small. A prayer, a reading, or a moment of quiet.

**WEEKLY**: One deeper practice — a longer walk, a meaningful conversation, creative expression.

# MY PERSONAL HEALING COMMITMENT

I WILL PRACTICE THIS GROUNDING TECHNIQUE WHEN I FEEL OVERWHELMED:

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I WILL SUPPORT MY BODY WITH THIS PRACTICE EACH DAY:

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I WILL NOURISH MY SPIRIT THROUGH:

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THE PERSON I WILL REACH OUT TO WHEN I NEED SUPPORT IS:

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ONE THING I WILL DO DIFFERENTLY FOR MY CHILDREN THIS WEEK:

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*"THE MORE  
YOU TRY,  
THE BETTER  
YOU GET."*

MARK TWAIN

# HELPFUL RESOURCES

## QUICK CARD 1: EMERGENCY GROUNDING

When Panic Hits — Do This NOW

STOP. Plant your feet on the floor.

Name 5 things you can see.

Take one physiological sigh (double inhale, long exhale).

Say aloud: 'I am [your name]. I am in [location]. I am safe enough right now.'

Box breathe: 4 in, hold 4, out 4, hold 4. Repeat 4 times.



## QUICK CARD 2: SIGNS OF ACUTE CRISIS

Seek Help Immediately If:

Expressing intention to harm themselves or others

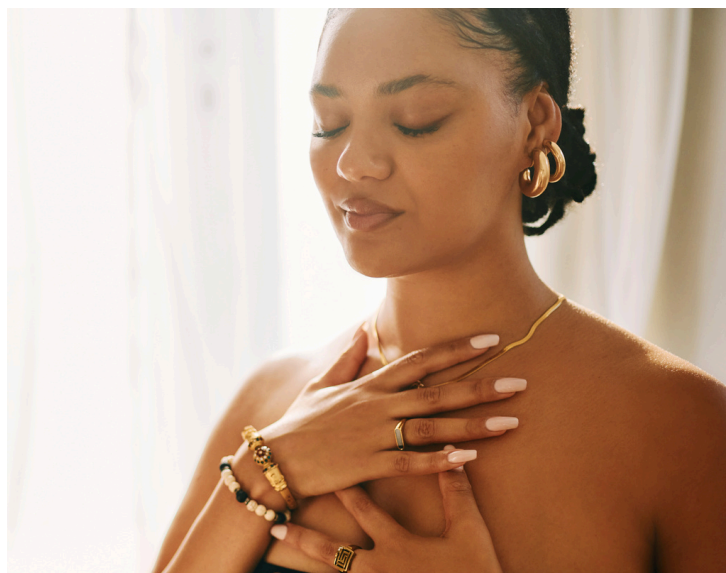
Unable to eat, drink, or sleep for more than 2 days

Experiencing hallucinations

Completely unresponsive or dissociated

Showing signs of psychosis (severe disconnection from reality)

Reach out to: local mental health services, medical facilities, trusted family.



## QUICK CARD 3: HELPING A CHILD IN DISTRESS

For Parents — In the Moment

Get on their level — kneel or sit at their height.

Make soft eye contact and say: 'I see you. I am here. You are safe.'

Do NOT tell them to calm down. Model calm yourself — slow your breathing.

Offer touch if they welcome it.

After they settle: 'That was really scary. Of course you felt that way.'

Only then, gently offer explanations or reassurance.



# HELPFUL RESOURCES

## QUICK CARD 4: BREATHING REFERENCE

### **Safe Breath (Calming)**

Inhale: 4 counts

Hold: 4 counts

Exhale: 6 counts

Repeat 3–5 times

Best for: anxiety, stress

### **Box Breathing (Grounding)**

Inhale: 4 counts

Hold: 4 counts

Exhale: 4 counts

Hold: 4 counts

Best for: overwhelm, focus

## RECOMMENDED READING

The Body Keeps the Score — Bessel van der Kolk

Man's Search for Meaning — Viktor Frankl

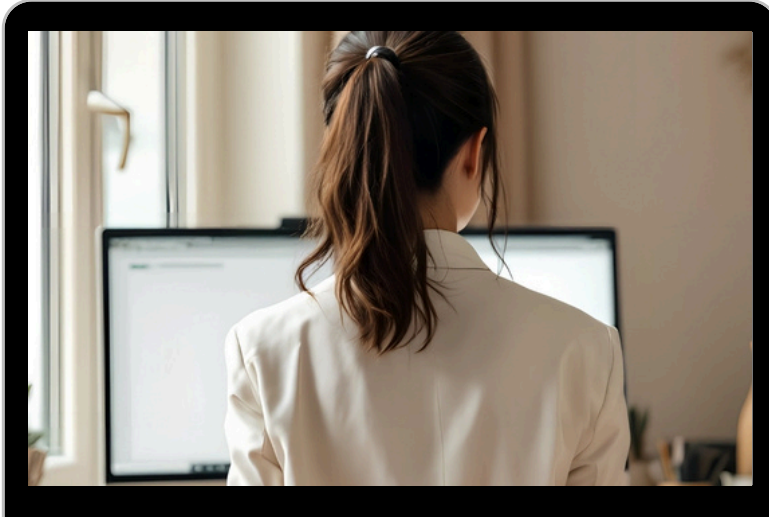
Waking the Tiger — Peter Levine

The Deepest Well — Nadine Burke Harris

Option B — Sheryl Sandberg and Adam Grant

Mindsight — Daniel Siegel

# JOIN OUR WEBINAR



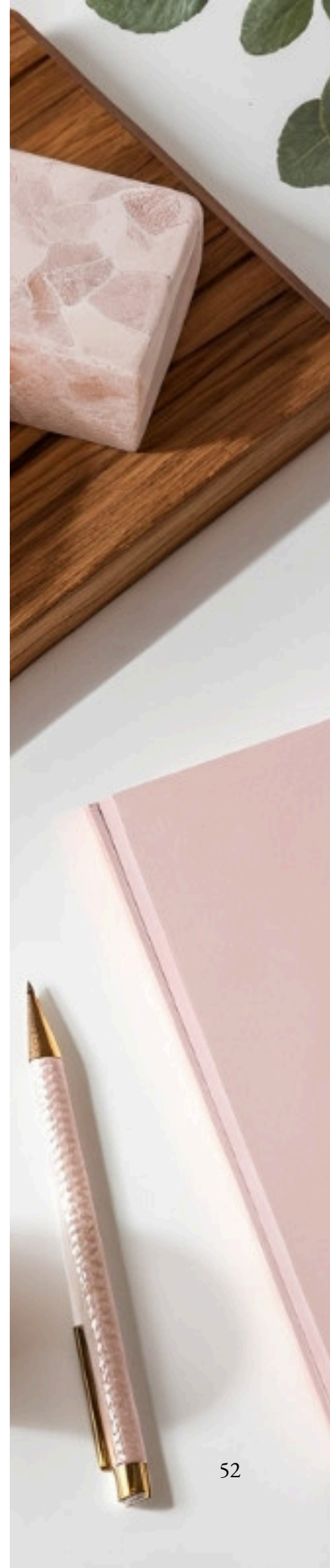
You don't have to go through this alone.

Join me live — where we will breathe together, move through the workbook page by page, and I will be there in real time to answer your questions, hold space for what comes up, and help you find your ground again.

This is not a lecture. It is a guided experience — a place to slow down, regulate your nervous system, and reconnect with yourself alongside a community of people who truly understand.

Come as you are. Bring your workbook. We heal together.

[🔗](#) Follow [@yourbeautifulminds](#) to be notified of the next live session.





# *A Final Word*

Even in the darkest moments, the human mind carries an extraordinary capacity for resilience. Healing does not happen all at once.

It happens through small steps: a breath, a conversation, a moment of connection.

If you are reading this, you are already taking a step toward caring for your mental well-being.

Wars end. Displacement ends. The nervous system, given enough safety and support, can return toward regulation. You carry within you the resilience of ancestors who survived impossible things before you.

You are not alone. You are not broken. And you are not without hope.



*Hala El Chemor*