

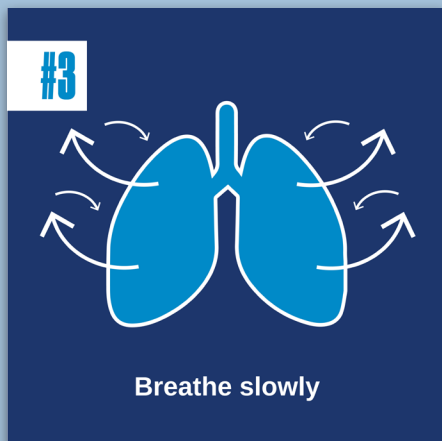
FIVE TIPS TO HELP YOU DEAL WITH BONFIRE NIGHT AND FIREWORKS



There can be lots of sudden noises and bright flashes going off around Bonfire Night. Being prepared for this can help you cope. You may wish to go out or, if you think that will be too much, you might prefer to stay at home.



The strong smells and sounds around Bonfire Night can trigger memories. It can be helpful to have competing sensory aids to hand, such as essential oils or soothing music.



If fireworks are causing anxiety, use your breath to calm your body. Breathe at a pace that feels comfortable and ensure that your out-breaths are long and slow to help calm you down and reduce your anxiety.



Identify some things you see around you, focussing on how they look, smell, feel, sound or taste. This can all help bring you into the present and can be helpful if you are feeling zoned out or getting vivid memories.



If you find Bonfire Night difficult, tell someone close to you and make sure, if you do go out, that you are able to leave whenever you need to.

If you're having a tough time give our
24-hour Helpline a call on **0800 138 1619**.