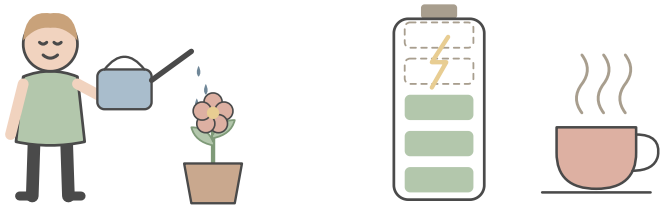
–LENSS–

Taking Care of Myself

My plan for after sessions and between sessions.

EMDR can be tiring. Feeling drained, emotional or a bit unsettled after a session is common, and usually settles within a day or two. Planning ahead makes it easier to look after yourself.



Tending to myself *Recharging* *Pausing*

What is normal after a session

- Feeling tired, emotional, light-headed or relieved
- Vivid dreams, or new memories and thoughts coming up
- Feeling a little worse for a short time before feeling better
- Noticing changes in how you react to things

My self-care plan

Straight after my session I will…	
That evening I will…	
The next day I will…	
If memories or feelings come up, I will…	
If I feel overwhelmed, I will…	
Things to avoid for a day or so (e.g. alcohol, big decisions, distressing news)	

–LENSS–

People I can contact

Name	How to contact them	When I might contact them

When to get in touch

Please contact me if you feel very distressed for more than a few days, if you are not able to manage day-to-day life, or if you are worried about anything that has come up.

> If you are in crisis or worried about your safety, please don't wait for your next session. Call **NHS 111** and choose the mental health option, call **Samaritans** free on **116 123**, text **SHOUT** to **85258**, or in an emergency call **999** or go to A&E.

"Rest is part of the work."