



# S.O.S. RESILIENCE

TOOLS TO HANDLE THE AFTERMATHS OF  
A SHOCKING EVENT

Tips from naturopathy and trauma research compiled by Dr. Verena Radlingmayer. While useful, they are not a substitute for a doctor.



Look for and stay in safe places - if your home is safe, then build a tent there, which creates additional security.



Bioresonance helps both children and adults.



Love and comfort - the number 1 resilience enforcing factors!



Brain training: learning, eating, puzzling, researching. What's fun is allowed!



Orange blankets soothe shock, water helps against anxiety, and classical music can be calming



Talk about a beautiful future, your plans and dreams. Laughing together is important.

## The 4 Rs



**Routine:** Reading times, going to bed routine, listening to music together for an hour, school - Yes, please!



**Risk exposure:** minimise risk exposure. Protect yourself and others. And also think about the risk of watching/overhearing news.



**Re-build resources:** schools, books, community, relations - if not possible in real life, then online.



**Resilient parents:** strengthen yourself through calmness, visions of the future and emotional discipline. Protect your loved ones from your negative emotions.

Follow me:

