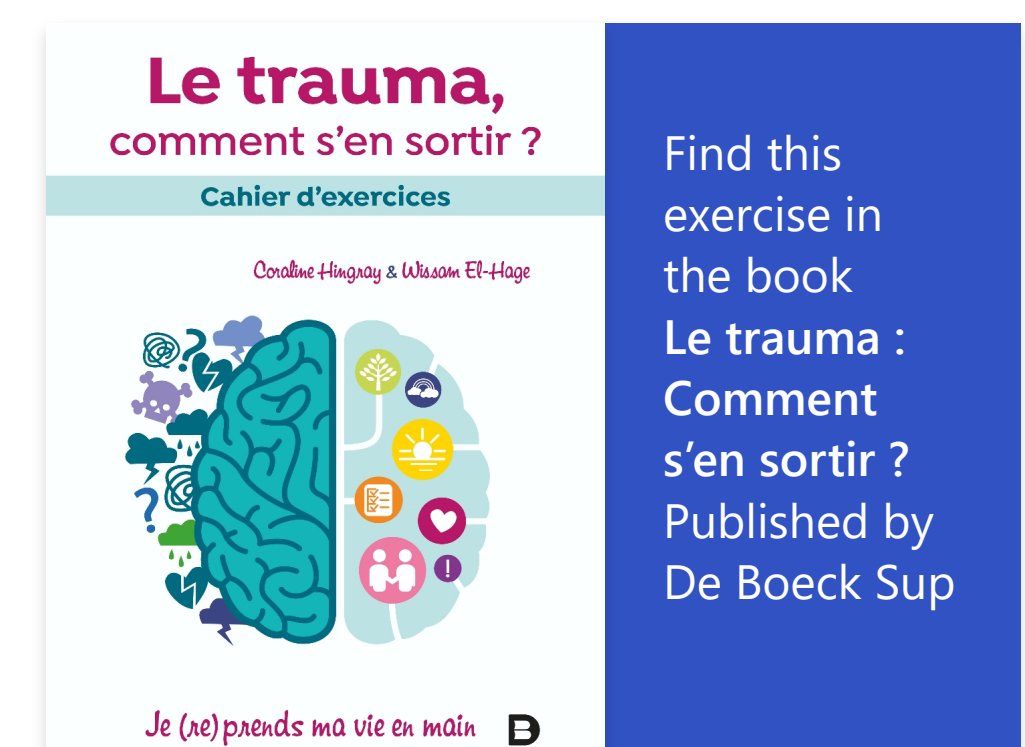


Practical information

YOUR SLEEP BOX



Sometimes, after we experience trauma, sleep becomes very difficult due to hypervigilance, anxiety, ruminations or nightmares. To be able to sleep better, it is important to understand your needs.

In this “Act” section, you may have found exercises or objects that anchor you in the here and now or trigger positive memories (photos, smells, materials to touch, favourite music, books, etc.). Create a sleep box to hold everything you can find that soothes you, comforts you and helps you to return to the here and now. Some people create this box in their imagination, a collection of things, places or memories that they can think about and immerse themselves in to calm, soothe or comfort themselves.

What is in your sleep box?

